PHARMACOPOEIA

OF

SIDDHA MEDICINE

1956

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SIDDHA MEDICINE

PUBLISHED BY

MADRAS STATE INDIAN MEDICAL PRACTITIONERS'
CO-OPERATIVE PHARMACY AND STORES,
ADYAR, MADRAS
1956

Price Rs. 3

PRINTED AT THE DIOCESAN PRESS, MADRAS—1956. C3866

PUBLISHERS' NOTE

In the programme of Research undertaken by the Society, it was planned to publish a Pharmacopoeia of Indian Medicine. In pursuance of this object, Vaidyayogaratnavali (Ayurveda Pharmacopoeia) and Unani Pharmacopoeia were already published and we have pleasure in publishing the Siddha Pharmacopoeia with which the Publication of Pharmacopoeia will be completed. We are thankful to Dr. V. Narayanaswami, H.P.I.M., and Dr. C. S. Uthamaroyan, H.P.I.M., for the help rendered by them in the compilation of this work.

PUBLISHERS.

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SECTION I

MATHIRAI

Drugs are separately powdered and weighed. These powders are put in a kalvam and ground for the required number of days with water or other fluids mentioned. When the paste becomes fine and does not stick to the fingers, it is made into pills to the required size. These are dried in shade or in the sun according to the texts.

1. Amurthathi Kuligai

One tola each:

Adhimadhuram	Sathirabedhi
Jadhikoshtam	Masikkai
Elarisi	Lavangam
Gorochanam	Shanbagappoo

The above is powdered first and ground in a kalvam with each of the following for one and a half hours:—

1. Masipathiriver swarasam
2. Karunthulasiver swarasam
3. Vettiver kashayam
4. Vilamicham kashayam

When it forms a pill mass 2 gr. pills are made.

Dose : ½ to 1 pill twice a day with suitable anupanam.

Indications : In mantham, masipathiri kashayam is given.

In manthajwaram, lavanga kashayam is given, kudarpaduvan, karappan, navaratchi, erivu (dryness of tongue, burning sensation in the abdomen and flatulence) breast milk is used as anupanam.

2. Ananda Bhairavam

Equal parts:

Gandakam	Karuvanga bhasmam
Rasam	Vengaram
Lingam	Thambra bhasmam
Vel vanga bhasmam	Thalagam
	Aya chinduram

2. Ananda Bhairavam—(*continued*)

These should be ground in a kalvam with thriphala kashayam and made into a bolus. This should be dried for 15 days in hot sun. Later this is boiled in thriphala kashayam in dola yantra for one day. Afterwards this should again be ground in kalvam with cobra bile (pithu) and made into 2 gr. pills.

Dose : 1 to 2 pills twice a day with honey or ginger juice.

Indications : In all varieties of jwaram and janni (delirium).

3. Ashta Bhairavam

One palam each:

Padarasam	*Chukku*
Gandhakam	Milagu
Veeram	Thippili
Rasakarpooram	Jadhikai
Lingam	Jadhipathri
Karu nabhi	Lavangam
	Ner-valam—5 palams

The above is put in a kalvam and with the various undermentioned fluids ground for the stated hours.

With lime juice—for 6 hours.
With breast milk—for 6 hours.
With poduthalai juice—for 3 hours.
With karisalai juice—for 3 hours.
With naval pattai juice or decoction—for 3 hours.
When pill mass is formed, 2 gr. pills are made.

Dose : 1 pill once a day with suitable anupanam.

Indications : For fevers given with breast milk. For doshams given with honey. For vishams given with lavanga decoction.

If there is excessive number of motions, lime juice or buttermilk may be given to control the motions.

4. Balasanjeevi Mathirai

One palam each:

Chukku	Thippili
Milagu	Vengaram
	Lingam

4. Balasanjeevi Mathirai—(*continued*)

Ground with lime juice in a kalvam for 3 hours and made into ½ gr. pills.

Dose : 1 to 2 pills with suitable anupanam.

Indications : For manthaganam, jwaram, bedhi, pittam, vanthi, irumal, give with masipathiri pittaviyal juice and tirikatu churnam-5 grs.

For jawaram, irumal, kanam, give with gorochanam powder.

For moolam give with jathikai powder and puliankottai thole powder.

For swasam, kasam, jwaram, give with decoction of thoothuvalai, vishunukranthi, kandankathiri, peipudal, sanganilai and nochi.

5. Bramananda Bhairavam

One palam each:

Vengaram	Gandhakam
Manosilai	Thalagam
Nabhi	Chukku
	Lingam

Ground with ginger juice for 3 days in a kalvam and made into 2 gr. pills.

Dose : One pill with honey and ginger juice.

Indications : All varieties of jwaras and janni.

6. Elinga Boopathy

One palam each:

Lavangam	Omam
Kavikal	Rasa Chinduram
Lingam	Rasakarpooram

Ground with water for 12 hours and made into pills of 2 grs.

Dose : 1 to 2 pills twice a day with honey, ginger juice or breast milk.

Indications : jwarams and krimi koshta (intestinal worms).

7. Ema Dhanda Kuligai

Equal parts:

Patharasam	Akkrakaram
Gandakam	Elarisi
Thalagam	Kadugarohini
Gowri pashanam	Lavangam
Veeram	Jathi koshtam
Rasakarpooram	Chukku
Manosilai	Sombu
Vellai pashanam	Thippili
Lingam	Gorochanam
Rasachinduram	Pal thutham
Poongavi	Vengaram (Pori karam)
Karpooram	Velli
Karu nabhi	

Ground with the juice of kaiyanthakarai for 12 hours and when it becomes pill mass, pills of 2 gr. are made.

Dose : 1 pill two or three times with honey.

Indications : kapavatha jwaram, 13 varieties of janni, vikkal, pakkavatham, gunmam and soolai.

8. Gorochana Mathirai

Equal parts:

Gorochanam	Karpooram
Kunkumapoo	Lavangam
Pachai karpooram	Jatikoshtam
Rasa chinduram	Jadikkai
Abraka chinduram	Akkarakaram
	Elarisi

Ground with chandana kashayam for 12 hours, shanbagapoo kashayam for 12 hours and kungumapoo kashayam for 6 hours and made into 2 gr. pills.

Dose : 1 to 2 pills with breast milk or honey.

Indications : vatakapha jwaram, janni and mandai soolai. In children this is given in convulsions and mantham with anda thailam as anupanam and in colds with honey.

9. Gandakka Mathirai

Equal parts:

Gandhakam	Milagu
Nabhi	Rasam
	Poosunai vithu

The above is ground well in a kalvam with lime juice. 2 gr. pills are made.

Dose : 1 to 2 pills with suitable anupanam.

Indications : purana jwaram—chronic fevers.

10. Ganesa Kuligai

Rasam	1 part
Nabhi	6 parts
Lingam	2 ,,
Gandhakam	3 ,,

The above is ground in a kalvam for 3 hours adding the juice of ponnoomathan. 2 gr. pills are made. It should be used after a month of its preparation.

Dose : 1 pill twice a day with 5 grains tippili churnam and honey.

Indications : jwaram. In all fevers. It is used in dog bites also.

Diet : Salt free diet.

11. Jalodhari Mani

One palam each.

Vengaram (fried)	Kadal nurai (barpam)
Chukku	*Surai vithu*
Milagu	Induppu
Thippili	Perungayam (fried)
Padikaram	Nervalam—2 palams

The above is placed in a kalvam and ground with tender cocoanut water for 9 hours and made into 5 gr. pills.

Dose : 1 to 2 pills with water or suitable anupanam.

Indications : andavayu, jwaram, irumal, neeradaippu, sadhai adaippu (*retention of urine and stricture*).

This clears the bowels every day in case of ascites and the fluid is slowly eliminated.

12. Kakkana Mathirai

Kakkanam ver	4 parts
Thippili	1 part
Chukku	1 ,,
Kandam kathiri ver	1 ,,
Nervalam	2 parts
Rasakarpooram	2 ,,
Lingam	2 ,,

The above is ground in a kalvam with lime juice for $4\frac{1}{2}$ hours. When it attains the pagam, pills to the size of 2 gr. are made.

Dose : 1 to 2 pills.

Indications : For all kinds of mantham given with chukku decoction, for intestinal worms, it is given with omum decoction.

13. Kushta Gaja-Kesari

Equal parts:

Abraka barpam
Kantha chinduram
Aya chinduram
Rasa barpam

The above is put in a kalvam and ground with sauripazha juice and made into 2 gr. pills.

Dose : 1 to 2 pills with honey and sugar.

Indications : kushtam and megam. In all skin diseases of chronic type.

14. Kapada Mathirai*

Equal parts:

Jadikkai
Jadipathiri
Perungayam (fried)
Seeragam
Adhividayam
Lavangam
Abini
Venthayam
Lingam
Kurosani omum
Kazharchi vittu

Ground with ganja decoction for 12 hours and made into pills of 5 grs.

Dose : 1 pill two or three times a day with honey or omum water.

Indications : athisaram, grahani, rakthakaduppu, for moolakkaduppu (tenesmus), madhalam pinju juice (tender pomegranate) or decoction is also useful as anupanam. In bleeding piles this can be used with water to stop the bleeding.

* Comes under Madras Prohibition and Abkari Act; licence is required to prepare and store the medicines.

15. Kalludaik Kudori

Rasam	..	..	.. 1 palam
Gandakam	..	..	.. 2 palams

Ground with the juice of vellai charadai for a day and made into bengal gram size pills and is dried. The pills are put in a kasi-kuppi and heated in a sand-bath. The pills are removed carefully and chirupeelai choornam, equal in weight of the medicine is added and ground. Again vellai charadai juice is added and ground for a day and pills of 1 gr. are made.

Dose : 1 pill twice a day with vellari seeds decoction or nerinjil decoction.

Indications : Stone in the bladder.

16. Kasthuri Mathirai

Kasthuri	..	..	.. 1 part
Kungumapoo		..	.. 2 parts
Gorojanam		..	.. 3 ,,

Ground with breast milk and made into pills of one grain size.

Dose : 1 to 2 pills with breast milk or betel leaf juice.

Indications : janni and pitta seethalam. This can be given in all varieties of fevers particularly in children. In tamaraka vayu, the pills are used with honey as anupanam.

17. Koda Soori Kuligai

Equal parts:

Thalagam
Rasam
Jathipathiri
Santhanam
Padigaram
Vel nabhi
Devadaram
Jadikoshtam
Elavam pisin
Kadugu
Lingam
Kadukurohini
Pereechankai
Drakshai
Pachai karpooram
Thripalai
Savukkaram
Venkaram
Annabedhi
Thurusu (fried)
Omum
Gandakam
Manchitti
Chukku

17. Koda Soori Kuligai—(*continued*)

Chitramoola ver pattai	Thippili
Kurosani omum	Abini
Ganja vittu	Madal thutham
Gowri pashanam	Thotti pashanam
Jadikkai	Manosilai
Veeram	Perungayam
Valampurikai	Nervalam
Karunabi	Sotru-uppu
Vellai pashanam	Ulli-poondu
	Milagu

Ground with :

(1) Kaiyanthakarai juice for 7 days.
(2) Nochi juice for 7 days
(3) Kottai karanthai juice for 7 days and made into 2 gr. pills.

Dose : 1 to 2 pills with suitable anupanams as shown below.

Indications : In vettai, arugan ver kashayam is used.

In kasam, tamarai poo charu is used.
In 64 varieties of vishas, lime juice is used as paste and applied externally.
In janni with ginger juice.
In thirst in fevers with sugar.
In atisara fever with buttermilk.
In pitha-silethumam with Injee juice.
In muraijwaram, with mudakkatran decoction.
In visha-pagam, with veppilai charu.

This is used externally and as kalkam mixed with lime juice for bites of poisonous reptiles and stings.

In andavatham, poola tree bark and amukkara churnam with warm water is used as anupanam. In malaikan, kurudu (blindness) and kan kasam the pill is mixed with āraikeerai juice and applied to the eyes as anjanam. In mulakirhanee, jadikkai churnam, sugar and warm water is used as anupanam.

In the case of poisoning this is used as an antidote with black datoora juice. In 84 varieties of vatas, mavilingam pattai juice is used as anupanam. In granthi, gunmam, swasakasam, enlargement of spleen the medicine is given with komattikai juice.

18. Kan-Kasa Mathirai

Equal parts:

Sangu (Conch)	Adhimathuram
Chukku	Pungamvithai paruppu
Milagu	Peetha Rogani
Thippili	Palthutham
Thalagam	Manosilai

The above is ground in a kalvam with nandiavattam poo juice till it attains the consistency of a paste.

One inch size vartis are made.

Indications : Used in kan-kasam and padalam. The stick is rubbed with honey and the paste is applied to the eyes in the morning only.

19. Lavangathi Mathirai

Lavangam	6 parts.
Fried Vengaram	3 ,,
Rasa karpooram	2 ,,
Lingam	1 part.
Nervalam	12 parts.

Excepting nervalam, fine powders of the other ingredients are made separately. Then nervalam is ground in a kalvam till it attains the consistency of a paste. The other powders are added little by little, then lime juice is added and ground for 6 hours. Similarly it is ground with water. 2 gr. pills are made.

Dose : 1 to 2 pills followed by warm water in the morning only.

Indication : Purgative—particularly in vata-kapha diseases.

20. Kunkumapoo Mathirai

Equal parts.

Chukku	Thippili
Venmilagu	Lavangam
Omam	Elarisi
Jathi Koshtam	Valmilagu
Lingam	Vengaram
Gorochanam	Kunkumapoo
	Sambranipoo

20. Kunkumapoo Mathirai—(*continued*)

Ground with kunkumapoo decoction and made into 1 gr. pills.

Dose : 1 to 2 pills with honey or breast milk.

Indications: nirkovai, kabagunmam, malabandam and viyarvai. *For cold, constipation and excessive sweat.*

21. Maha Elathi Kuligai

Each 1 tola.

Elam	Lavangam
Valmilagu	Vettiver
Vilamichan ver	Agil
Santhanam	Thamarai makarandam
Thamarai valayam	Atimaduram
Akkarakaram	Amukaran kizhangu
Kunkumapoo	Pachaikarpooram
Kasthuri	Man kombu
Jata manji	Rudraksham
Gorochanam	Ambar

Each ½ tola.

Sambranipoo	Abraka bhaspam
Velli bhaspam	Muthu bhaspam
	Pravala bhaspam

The hard drugs should be made into a fine powder and added. They are placed in a kalvam and ground in madulaipoo rasam for a day, tender cocoanut water for a day and human milk for a day and made into 2 gr. pills. They are dried in shade.

Dose : 1 to 2 pills with cocoanut water, milk and sugar, honey or fruit juice.

Indication : tapa jwaram, kankacham, kamalai, sobai and kal-adaipu.

If taken for 6 weeks, it gives a good voice, longivity and good colour to the body.

In grahani, atisaram, used with the churnam of thippili, chitharathai, jathikkai, jathipathiri, krambu, vetpalai, akkarakaram, perumarathupattai, jatamanji, karuncheerakam, valmilagu, malaithangi, korai kizhangu, mathulaiodu, athividayam.

22. Meghanadha Kuligai

1 palam each.

Venkaram (Pori karam)	Lingam
Induppu	Sivathai ver
Vasambu	Chukku
Vai vidangam	Omam
Perungayam (fried)	Kattamanakku ver pattai

Nervalam .. 10 palams.

The bazaar drugs are made into fine powder and ground with lime juice. Then purified nervalam is added and ground to pill mass. 2 gr. pills are made.

Dose : 1 to 2 pills with chukku decoction.

Indication : jwaram with malabandam, krimikoshtam (Intestinal worms), to relieve constipation in gunmam, pandu and sobai. This can also be given as a purgative. To stop the excessive motions butter milk can be given.

23. Mahavasantha Kusumakaram

Each 1 part.

Pon barpam	Aya barpam
Muthu barpam	Pavala barpam
Abiraka barpam	Kantha barpam
Vanga barpam	Nimilai barpam
Gandhi barpam	Chembu barpam
Nabhi	

The above is ground in a kalvam with kathazhai juice for 3 days and when it becomes waxy, it is removed and put in a pearl shell (muthu chippi) and covered with another pearl shell. The edge of the shell is covered with a paste prepared out of vengaram and kunrimani paruppu, ground with lime juice. When the seal gets dried, smear again with the same paste till it becomes very strong. This is placed in the middle of sand contained in a chatty and burnt.

When it attains pakam, it is removed from the fire and allowed to cool down. Then the covers are removed and the medicine is ground with the shell in kalvam with the following :—

1. Chengazhuneer poo charu
2. Kongilavam poo charu

23. Mahavasantha Kusumakaram—(*continued*)

3. Thamarai poo charu
4. Madhulam poo charu

It is ground in the end with vettiver decoction for one day and with vilamicham ver decoction for another day.

1/8 part kastoori, 1/8 part kungumappu, 1/16 part pachaikarpooram are added and then ground with vettiver decoction for 3 days. 2 gr. pills are made and dried in the sun.

Dose : 1 pill with sugar or honey.

Indication : kapha diseases.

Arathai and chukku decoction—ajeeranam.
Aswagandhi choornam—vata diseases.
Inji juice—kasam.
Manjal and thippili decoction—swasa kasam.
Chooranam of kadukkai, uppu, elavangam—kshyam.
Milagu podi and sugar—fevers.
Cow's ghee—pitha ajeeranam.
Thetran vithai choornam—elaippu.
Nellivathal choornam—elumburukki Noi.
Vilampazham—veekam.
Vellari vithai, silajit baspam and sugar—neerkattu.
Kattathippoo decoction—athisaram.
Kasakasa choornam—oozhi.
Chukku powder—grahani.
Nelli vithai and sivathai choornam—vaitru vali.
Thippili, induppu choornam—manthagini.
Cow's urine—sophai.
Thriphala choornam—pandu.
Karippan karkam—kamalai.
Karbogi choornam—kuttam.
Padigara podi—marbu Noi.
Yavacharam—gunmam.
Nochi, injee decoction—janni.
Kudasappalai, lavangappodi—soothagavayu.
Buffalo's milk—apasmaram.
Vellai kakkanampoo charu—paithiyam.
Kodiveli ver pattai decoction—moolam.
Seendil chakkarai—prameham.

24. Murukkan Vithai Mathirai

1 part each.

Chukku	Milagu
Thippili	Seerakam
Kadugurogani	Murukkan vittu (Palasu vithu)

Nervalam .. .. .. 6 parts.

The above is ground with water in a kalvam and 5 gr. pills are made.

Dose : 1 to 2 pills at bedtime with water and sugar or jaggery.

Indication : Intestinal worms, mantham and flatulence.

25. Neerkovai Mathirai

Kappu manjal	1 palam
Kasthuri manjal	1 ,,
Venkaram	½ ,,
Sambirani	½ ,,
Milagu	½ ,,
Chukku	½ ,,
Jathikkai	½ ,,
Omam	¼ ,,
Lavangam	¼ ,,
Karpooram	¼ ,,

The drugs are powdered first and ground with lime juice for 6 hours and pills of 5 gr. are made. For external use only.

Indications : For headache and cold mix with breast milk and apply externally.

26. Pachai Karpoora Mathirai

1 palam each.

Pachai karpooram	Lavangam
Jadikkai	Rasa padangam
Gandakam	Nervalam

Rasa padangam and gandakam are mixed first in a kalvam and then others are added and ground with kathazhai juice for 6 hours and made into pills of 2 grs.

Dose : 1 to 2 pills with honey and ginger juice.

Indications : jwaram, tapa jwaram, vatha, pitta and sethma rogams.

27. Pashana Mathirai

1 palam.

Vellai pashanam

One palam purified white arsenic is ground with pagal leaf juice for 9 days using 2 palams of juice every day. Then prepare a disc and dry in the shade and is placed in an agal and covered with another agal of the same size and secured with clay plaster and submitted to manal maraivu puttam with 3 cow dung cakes. Repeat the process with padiripoo juice and pasarai keerai juice. The resultant barpam is rubbed with lime juice for 2 days and with vilva leaf juice for 2 days. Make 2 gr. pills.

Dose : 1 pill with suitable anupanam.

Indications : In gunmam it is given with honey, in kapha pitha jwaram with water. In pandu breast milk is used as anupanam and arugampul juice in jwaram, janni and vallippu. This should not be used before one month after preparation. Salt free diet.

28. Pralayakala Rudran—(Kattu)

Copper filings	1 part
Thalagam	1 ,,
Rasakarpooram	$\frac{1}{4}$,,
Vengaram	$\frac{1}{4}$,,
Karpooram	$\frac{1}{4}$,,

The above is placed in a kalvam and ground to a fine powder. The powder is put in a mud crucible and the mouth covered with a lid and sealed. The crucible is placed in a furnace and blown well till the crucible becomes red-hot. By this time, the copper melts. The molten copper is poured in a brick hollowed for the purpose. It is allowed to cool.

Dose : $\frac{1}{2}$ to 1 gr. with honey.

Indication : Cholera, visha jwaram, athisaram and ajeerana-jwaram.

29. Pradapagini Kumaran

Equal parts:

Rasam
Nabhi
Induppu
Thambira barpam

29. Pradapagini Kumaran—(*continued*)

Chukku	Milagu
Sathicharam	Evacharam
Kadalneer kachina uppu (Sotruppu)	Seenakaram
Attuppu	Valayaluppu

The above is put in a kalvam and ground with ginger juice for one day, small pills are prepared and dried. The pills are placed in a clay sealed kasi kuppi and burned in valuka yantram for 24 hours in low fire. The resultant is taken and 1/12 part of nabhi is added and ground with ginger juice.

2 gr. pills are made and dried in shade.

Dose : 1 pill 2 times with ginger juice for 3 days only, at a time.

Indications : In all variety of fevers.

30. Poora Mathirai

Rasakarpooram .. .. ½ palam

¼ palam each :

Elam
Lavangam
Vasambukkari
Atividayam
Masikkai
Jeerakam

The drugs are made into fine powder and ground for three hours with vishnukaranthai root juice and for another three hours with masipathiri root juice. Then it is made into 2 gr. pills.

Dose : 1 pill with breast milk or honey.

Indications : mantham in children.

31. Rajarajeswaram

1 palam each :

Patha rasam	Pal thutham
Lingam	Gandhakam
Manosilai	

The drugs are ground in a kalvam with veppeerkku decoction and made into pills. This is put into a small kuduvai (Earthen

31. Rajarajeswaram—(*continued*)

pot) and closed with an earthen lid and mud cloth. Putam is put in 10 to 15 cow-dung cakes. The bhasma is taken and karu nabhi 1 palam is added and ground with goat's bile for 2 days and with buffalo's bile for 2 days and made into 2 gr. pills.

Dose : 1 pill twice a day with trikatu kashayam.

Indications : 13 varieties of janni jwaram.

32. Rama Banam

Lingam	2 palams
Eli pashanam	3 palams

They are placed in a kalvam and ground with the juice of *marul oomauthan for 3 days and made into* pills of 2 gr. This should be used only after a period of six months after preparation.

Dose : 1 pill twice a day for 3 days only, with sugar and breast milk.

Indications : Fevers.

Diet : Only milk and conjee. Salt to be avoided.

33. Rasa Bhupathy

Equal parts :

Rasam	*Gandhakam*
Karunabhi	Sembu podi
Urukkuppodi	

The above is ground in a kalvam adding chirucheruppadi juice for 3 days and is dried in the sun. After it has completely dried it is powdered and filled in a kasi kuppi and burned *in valuka yanthram* for 36 hours beginning with deepagni and then in kamalagni and finally with kadagni.

After it has cooled down the resultant is ground with ginger juice for 3 hours. Pills to the size of 2 grs. are made.

Indications : janni, kulirjwaram, soolai, kaduppu, uppusam and vishas.

Irregular fevers, multiple arthritis, pain in the abdomen etc.

Dose : 1 to 2 pills with honey or milk for three days only.

Diet : mustard, tamarind, gingelly oil and meat to be avoided.

34. Soolai Bhupathy

Rasam	3 palams

1 palam each:

Thambira barpam	Karunabhi
Gandhakam	Valam

The above is ground in a kalvam with thirugu kalli juice for one day and with erukkan pal for one day. From the paste, 2 gr. pills are made and dried in shade. The pills are put in a kasi kuppi and burned in valukka yanthram for 36 hours in (deepagni) slow fire. When it is cooled the resultant is removed and nabi ¼ part is added and ground with the following:—

1. Thirugukalli charu
2. Bile of peacock
3. Bile of fish
4. Bile of cobra
5. Bile of wild pig
6. Bile of he-buffalo.

2 gr. pills are made and dried in shade.

Dose : 1 pill 2 times a day.

Indication : All varieties of soolai and gunmam with suitable anupanam.

35. Sanjeevi Mathirai

1 palam each:

Iruvi	Thandrikkai
Nabhi	Chukku
Thalagam	Milagu
Rasam	Thippili
Gandhakam	
Vengaram (fried)	Nervalam—5 *palams.*

After making fine powder of the drugs, it is put in a kalvam and ground with kaiyanthakari juice for 7 days and with lime juice for 7 days and with uthamani juice for 7 days and one grain pills are made.

Dose : 1 to 2 pills with suitable anupanam.

Indications : moolavayu with jadikkai churnam.
vishakkadi with lime juice.
vayus with chukkuneer.
moolam and valigunmam with nochi charu.
soolai with murungai pattai charu.
kshayam with goat's milk.

36. Santha Chandrodayam

Vengaram	..	.. ½ palam
Rasa karpooram	..	.. 1 ,,
Kappu manjal	..	.. 3 palams

The drugs are put in a kalvam and ground with lime juice for 12 hours and made into pills of 2 gr. size.

Dose : 1 to 2 pills with honey or betel leaf juice.

Indications : jwarams due to piththam.

37. Swasa Kudori

2 palams each :

Vellai Earukkan poo   Milagu

Both are ground and made into pills of 2 grs.

Dose : 1 to 2 pills with talisa-pathiri kudineer.

Indications : swasam and kasam.

38. Srilangeswaram

Rasam	..	.. 5 parts
Abraka bhasmam	..	.. ,,
Gandhakam	..	.. ,,
Nabhi	..	.. ,,
Chembu bhasmam	..	.. 8 parts
Sangu bhasmam	..	.. 8 ,,
Iya bhasmam	..	.. 3 ,,
Lingam	..	.. 3 ,,

These should be ground in a kalvam with ginger juice for a day and thriphala kashayam for a day and make pills of 2 grs. size.

Dose : 1 to 2 pills with suitable anupanam.

Indications : soothaka-vayu and grahani.

39. Soolai Kudaram

1 palam each :

Rasam	Vengaram
Gandhakam	Kadukkai
Nellikkai	Thandrikkai
Chukku	Milagu

39. Soolai Kudaram—(*continued*)

Thippili	Thalakam
Karunabhi	Thambra bhasmam
	Nervalam

Ground with kaiyantakarai juice for 3 days and made into pills of 2 gr.

Dose : 1 to 2 pills with ginger juice.

Indications : soolai and gunmam.

40. Thazhambu Mathirai

Veeram	1 palam
Lingam	,,
Rasa chinduram	,,
Gandhakam	3 palams
Nervalam	2 ,,

Ground with the juice of thazhambu for 12 hours and made into pills of 2 gr.

Dose : 1 to 2 pills with honey.

Indications : kudal-vayu, nerikattu-jwaram. This can be used in bubonic plague.

41. Thiridosha Mathirai

Milagu	4 palams
Veeram	1 palam

Ground with milagu decoction for 12 hours and made into 2 gr. pills.

Dose : 1 to 2 pills with pepper decoction.

Indications : kulir-jwaram, kaba-jwaram and janni.

42. *Uzhi Mathirai*

1 palam each :

Abini	Karuvelam pisin
Lavangam	Jadikkai
Nelli vatral	Perungayam (fried)
Milagu	Venthiyam
Rasa karpooram	Karpooram

Ground with ganja decoction for 3 hours and made into pills of 2 gr. size.

Dose : 1 to 2 pills with omatheeneer or warm water.

Indications : athisaram, vanthi-bhedi (cholera).

43. Vasantha Kusumakaram

¼ palam each:

Lingam
Lavangam
Jathikoshtam
Atimaduram
Vengaram (porikaram)
Thippili
Akkarakaram

1/10 palam each:

Gorochanam
Pachai karpooram
Kunkumapoo

The first mentioned drugs are ground with the juice of ginger and breast milk for 4 days. Then the second group of drugs are added and ground to make a pill mass and made into 1 gr. pills.

Dose : 1 to 2 pills with honey.

Indications : jwaram, kabakasam, thaham, thummal and eappam.

44. Vishnu Chakkaram

Equal parts:

Rasam
Lingam
Gandhakam
Thalagam
Nabhi
Palakarai
Thutham
Kantham
Manosilai.

Ground with neem fruit juice and made into 2 gr. pills.

Dose : 1 to 2 pills with honey, ginger juice and thrikatu churnam.

Indications : pakka soolai, sobai, 13 varieties of janni, eappam, vikkal and moorchai.

45. Valai Chinthamani

Equal parts:

Rasam
Lingam
Chukku
Milagu
Jadipathiri
Gandhakam
Vengaram
Thippili
Jadikkai

The above is ground in a kalvam with lime juice. 2 gr. pills are made.

Dose : 1 to 2 pills with honey or ginger juice.

Indication : In all variety of fevers.

46. Vatha Rakshasan

Equal parts :

Rasam	*Gandhakam*
Kantham	Abiraka barpam
Thambira barpam	

The above is placed in a kalvam and ground with the following :—

Vellaicharanai juice for 12 hours.
Seenthil decoction for 12 hours.
Kodiveli verpattai decoction for 6 hours.
Thulasi juice for 6 hours.
Thriphala decoction for 6 hours.

Then it is made into a bolus and placed in the middle of saranai leaf kalkam and burnt in laghu putam. The *medicine* is removed and ground with kodiveli verpattai decoction for 12 hours. 2 gr. pills are made.

Dose : 1 to 2 pills 2 or 3 times with honey or water.

Indications : janni, dosham and vatham.

This is given generally in nervous diseases, haemiplegia, chronic rheumatism, etc.

47. Vengara Mathirai

Equal parts :

Vengaram	Chukku
Thippili	Milagu
Induppu	Nervalam
Kantha podi	Perungayam (fried)
Kazharchi paruppu	

The above is put in a kalvam and ground with water and made into a bolus. The bolus is covered with the paste of erukkan pazhuppu leaves and then placed in a pot and the mouth is covered with a lid and sealed with clay. This is put to kukkuda putam. The resultant is placed in a kalvam and ground with kadukkai decoction. 5 gr. pills are made.

Dose : 1 pill.

Indications : With castor oil acts as a purgative. With water—for pain in the legs, hands, mouth and face, gunmam, soolai, anda vatham, vippuruthi, pandu and mahodaram.

48. Virachana Bhupathi Mathirai

1 part each:

Rasam | Chukku
Vengaram | Gandhakam

4 parts.

Nervalam

They are placed in kalvam and ground with water. 2 gr. pills are made.

Dose: 1 to 2 pills with water.

Indication: Given as a purgative particularly in vatha, kaba diseases.

SECTION II

CHENDURAM

Drugs are used usually purified for this section.

There are two methods of preparing chendurams—1. Sublimation (kuppi erippu) and 2. Calcination (putams).

1. In kuppi erippu, the medicines are mixed and made into fine powder. Gandhakam is powdered in a kalvam and small quantities of rasam is added while grinding slowly, so as to mix well. Other ingredients are added one by one in small quantities and the whole thing is ground well. A round glass bottle of amber colour (kasi kuppi) is covered with mud cloth seven times, each time allowing the cloth to dry. The bottle is filled with the powder, to half the capacity, buried up to the neck in a sand-filled pot and the pot is put on fire. The fire should be mild first and gradually increased. The powder which melts in the bottle is stirred now and then with a thin iron rod. The heat should be maintained up to a specified time. It is cooled and the bottle is removed from the sand bath. The cloth and mud are removed and the bottle is broken across into half in the centre. The sublimate will be found at the top and sides of the bottle. It is removed and powdered well in a kalvam.

2. The powder is ground in the kalvam with specified juices and fluids for a specific number of hours or days. The paste is made into small discs and dried. They are put in earthen cups (man agal) covered with another agal and the edge well sealed with mud cloth and dried. For putams, generally pits of various depths and circumference are made in the ground. Half of the pit is covered with the cowdung cakes and the earthen cups are placed in the middle and covered again with cowdung cakes. The fire is put in the middle on all the sides, so that, there would be uniform heat from all the sides.

49. Abhraka Chenduram

Abhrakam is powdered and equal quantity of palmyra jaggery and vediuppu are added. These are ground in a kalvam with water and made into discs. These are dried, placed in a mud agal and gaja putam is put. Now the abhrakam will lose its shine and become white. This powder is placed again in a kalvam and ground with erukkan pal for 3 hours and dried in

49. Abhraka Chenduram—(*continued*)

the sun. This is repeated for 40 days. On the 41st day, this is ground again, made into small discs, dried and in the usual *process of gajaputam is put. Abhrakam becomes red. This is* put again in the kalvam and ground with kayyanthakarai juice for 12 hours. Discs are made out of it and putam is put. The process is repeated for 51 times.

Dose : 1 to 2 grs. with honey twice a day. This may be taken along with the powder of (1) Avarai panchangam 8 parts (2) Aswagandhi 8 parts and (3) jeeragam 2 parts. 20 grs. to 30 grs. of the powder with butter.

Indication : 21 varieties of megam, madhu megam, neer ezhivu.

50. Annabhedi Chenduram (No. 1)

The required quantity of purified annabhedi is ground with kadi and made into small discs. Two or three putams are put.

Dose : 1 to 2 grs. with honey.

Indications : jwaram, sithabhedi and pandu.

51. Annabhedi Chenduram (No. 11)

Annabhedi	1 palam.
Vediuppu	$\frac{1}{4}$,,

These are ground with lime juice and made into small discs, dried and put putam. The process is repeated twice.

Dose : 1 to 2 grs. with honey.

Indications : sobai, pandu and kamalai.

52. Arumuga Chenduram

Rasam	5 parts.
Gandhakam	9 ,,
Kantham	7 ,,
Irumbu podi	12 ,,
Induppu	4 ,,
Vengaram	8 ,,

These are ground with the juice of katthalai for 5 days. A big villai is made and dried in the sun. This is placed in a chatti and covered with another chatti of the same size and sealed with mud cloth. This is burnt on fire for 24 hours.

Dose : 1 to 2 grs. with honey and thrikadu churnam.

Indications : pandu, vatharogam, sobai, kandamalai, (scrofula) soolai, gunmam, athisaram, mandaiedi (chronic headache).

53. Aya Chenduram

Purification : Required quantity of iron filings is heated in an earthen pot and soaked in twice the quantity of kadi (vinegar). The process is repeated thrice. Then the same process is to be repeated in the following :

1. Gingili oil.
2. Cow's urine.
3. Horse-gram decoction.

Chenduram : Required quantity of purified iron-filings is taken and the juice of odhiyanpattai extracted by adding kadi is added and exposed to the sun for three days. Then this is placed in a kalvam and ground with the same juice and gajaputam is put. The process is repeated 8 times. Three more putams are put ground with odhiyanpattai juice alone (without Kadi).

Dose : 1 to 2 grs. two or three times with 10 grs. of the powder of

Alam pinchu vittu	..	..	1 part
Arasam vittu	..	..	1 ,,
Adimathuram	..	..	2 parts

and Cow's ghee or honey.

Indications: vatha-noi, pitha-noi, kaba-noi, vinthunashtam, pandu, sobai, etc.

54. Ayakantha Chenduram

Ayam	..	..	..	1 palam.
Gandhakam	..	..	..	1 ,,
Kantham	..	..	..	¼ ,,

⅛ palam each :

Vengaram	Karpooram
Lingam	Padigaram
Pooneeru	Kariuppu (common salt)
Induppu	Navacharam

The above are ground in a kalvam for two days with the lime juice and made into small discs and dried in the sun. Putam is put with 50 cowdung cakes. The colour of the Chenduram must be red. If the required colour is not obtained in one putam repeat the process twice.

Dose : 1 to 2 grs. with honey.

Indications : All varieties of pandu (anaemia).

55. Ayaveera Chenduram

1 palam each:

Iron filings	Rasam
Veeram	Navacharam

These are ground in a kalvam for 3 days till it becomes red fine powder. This is placed in a new earthen chatti and fried over an oven stirring now and then, till the medicine turns pink.

If kept on fire after the medicine had become red, the medicine will turn black and get spoilt.

Dose : ½ to 1 gr. with honey or palmyra jaggery.

Indications : soolai, keel vayu, vatham, kushtam and vishakkadi.

56. Chandamarutha Chenduram

Lingam	2 palams.
Rasakarpooram	1 palam.

½ a palam each:

Veeram
Gandhakam
Rasa chenduram

These are placed in a kalvam and ground with breast milk for 5 days. Then without adding milk, it is ground till the paste becomes powdery.

Dose : ½ to 1 gr. with honey and thrikadu churnam.

Indications : keelvayu, paksha vatham, narithalai-vatham, kandamalai, janni, jwaram, and megha grandhi.

57. Gourichinthamani

1 palam each:

Rasam
Gandhakam
Vengaram (fried)

Gandhakam is powdered in a kalvam to a fine powder, mercury is added little by little while continuing the grinding till the whole quantity becomes black. Vengaram is added and mixed well by grinding. The powder is tied in a piece of cloth to the size of arecanuts. These are buried in a sand-filled mud chatti.

57. Gourichinthamani—(*continued*)

Ten cowdung cakes are placed over the sand and fire is put. When cooled the cloth is removed and the medicine powdered. The medicine will be dark in colour.

Dose : 1 to 2 grs. with thrikadu and honey.

Indications : soolai, gunmam, jwaram, mandam, rat bites, swasam and kasam.

Note : This medicine in 1 gr. doses with honey acts as a specific in nervous headaches.

58. Kadikara Chenduram

1 palam each :

Lingam
Rasa chenduram
Kadikaram

The drugs are powdered separately. Half the quantity of rasa chenduram is put in a bottle and half the quantity of lingam is placed over it. The entire quantity of kadikaram is spread over them and the remaining half of rasa chenduram and lingam is placed over.

The bottle is closed with a glass stopper and tied tightly with a leather strap as a whole and a thread is tied all round the bottle. This bottle is buried in freshly boiled paddy while it is very hot. The bottle is allowed to remain within the boiled paddy till it cools down. Then the contents of the bottle is put in a kalvam and powdered.

Dose : $\frac{1}{2}$ to 1 gr. with honey, ginger juice or tulasi rasam.

Indications : pakshavatham, vathanoi, vantibhedi (cholera), bhedi (diarrhoea).

59. Kantha Chenduram

Purified kantham and gandhakam are put in a kalvam and ground with the juice of karisalai. Small discs are made dried and gajaputam is put. When cooled the discs are removed, equal quantity of gandhakam by weight is added and ground as before in a kalvam. Putam is put. Then the resultant is removed, equal quantity of gandhakam is added and powdered chitramulaver pattai equal to the weight of the other two is added and ground with human milk. It is put into putam.

59. Kantha Chenduram—(*continued*)

It is removed and to the weight equal weight of gandhakam and powdered chitramula ver is added and ground with white of hen's egg. It is put in putam. It is removed and ground with erukkanpal for twelve hours. It is made into small discs, dried and put into putam.

The resultant is powdered. The chenduram ought to be darkish red.

Dose : 2 to 4 grs. two times with honey.

Indications : pandu, sophai, andavayu, nirambal. It is also used as a general tonic.

60. Kshayakulantaka Chenduram

1 palam each :

Purified thalagam[1]
Purified rasa karpooram
Purified manosilai

These are ground with erukkan pal and put in a mud crucible and putam is put with 10 cowdung cakes. The resultant will be ash-coloured powder. To this powder pavala bhasmam 1 palam, kalnar bhasmam 1 palam are added and ground with erukkan pal; putam with 10 cowdung cakes is put. To this, the following are added :

Thanga bhaspam	½ the weight of the above.
Lingam ..	¼ weight.
Ganthakam ..	¼ ,,
Kantham ..	1 equal weight.

The whole is ground with the juice of kathalai and murukkampoo mixed together and put to two putams.

Dose : ½ to 1 gr. with honey and thirukadu churnam for 10 days.

Indications : kshayam, kasam, swasam and other kapha diseases.

Diet : Goat's milk and rice.

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[1] *Purification of Thalagam*

Thalagam should be boiled in dholayantram in venpoosini juice and in senkiluvai juice.

61. Linga Chenduram No. 1

One palam of purified lingam is roasted with one measure of the juice of Aatruthumattikai. The process is surukku. That is, the lingam is put in an earthen vessel, kept on fire and small quantity of the juice is put on it and when it gets dried up some more is put. In this way, the whole juice is used. It is powdered in a kalvam.

Dose : ½ to 1 gr. with honey.

Indications : kulirjwaram, jwaram, vatha kapha diseases and megha diseases.

62. Linga Chenduram No. 2

1 palam each :

Lingam (as one block)
Sambrani
Karpooram

Nos. 2 and 3 are ground in a kalvam till it attains the consistency of wax. This is smeared in a piece of blue cloth and rolled over lingam and is burnt. This is repeated 5 to 7 times. In the end, the lingam is washed and dried.

This lingam has to be placed between two layers of nuna bark powder kept in a small agal, putam with 5 cowdung cakes is put in the usual way. It is powdered in a kalvam.

Dose : ½ to 1 gr. with honey.

Indications : kulirjwaram, jwaram, vatha kapha diseases and megha diseases.

63. Loha Manduram

½ palam.

Irumbu chittam

1/20th of a palam each :

Kariuppu	Vediuppu
Attuppu	Valaialuppu
Induppu	Rasam
Gandakam	Chukku
Milagu	Thippili

The whole is ground with the juice of karisalai for 12 hours and made into small discs, dried in the sun and put putam with 20 cowdung cakes. The process is repeated for a second time.

Dose : 1 to 2 grs. with honey or ghee and followed by neermulli decoction or adaikashayam.

Indications : sophai, pandu, kamalai, and mahodaram.

64. Mandura Chenduram

Purified manduram .. .. 5 palams.
½ palam each :

Gandhakam	Lingam	Vengaram
Rasam	Uppu	

Manduram is ground in a kalvam adding each one of the above drugs and ground with the following juices and putam is put.

Lime juice	..	10	putams are put.
Karisalai juice	..	10	,, ,,
Cheruppadai juice	..	10	,, ,,
Chembai juice	..	10	,, ,,
Arasampattai juice	..	5	,, ,,

Dose: 1 to 2 grs. with honey and thrikadu churnam.

Indications : vishapandu, kamalai, pandu, pittanoi, sethumanoi, arochakam, annaththuvesham, vanthi and vikkal.

65. Naga Chenduram

Purified nagam .. .. 4 palams.
Nagam is melted in an earthen chatti.

When it is melting, the following powdered drugs are added in small quantities and fried till nagam becomes powdery.

Vediuppu	..	8	ounces.
Chukkuppodi	..	8	,,
Manjal podi	..	8	,,
Omam	..	8	,,
Nayuruvi thool	..	32	,,

Then the powder is ground in a stone mortar with lime juice for 5 days, and made into small discs. These are dried in the sun and putam with 50 cowdung cakes is put, till the baspam becomes pink.

Dose : 1 to 2 grs. with trikadu churnam 5 grs. and ghee or honey.

Indications : gunmam, peruvayaru, moolam, megham, meghathadippu, kushtam, etc.

66. Padikara Chenduram

Padikaram (fried)	..	..	1 part.
Lingam	..	..	¼ ,,

The above drugs are placed in a kalvam and ground well with lime juice and made into a disc. It is dried in the sun

66. Padikara Chenduram—(*continued*)

and put to putam with ten cowdung cakes. The process is repeated four times adding each time ¼ part of lingam to the weight of the medicine.

Dose : 2 to 4 grs. with butter or ghee.

Indications : seetha bhedi and perumpadu. (dysentery and menorrhagia).

67. Padika Linga Chenduram

Padikaram	..	..	..	8 parts.
Lingam	..	..	..	1 part.

Both are ground with the decoction of kadukkai poo and kattathipoo for two days. It is dried in the shade till it becomes powder.

Dose : 5 to 10 grs. with ghee or butter.

Indications : athisaram, seetha bhedi, soolai and perumpadu.

68. Poornachandrodayam

Thangarekku	..	1 tola	Thangarekku is dissolved in the rasam first and gajjali is prepared adding gandhakam.
Gandhakam	..	16 tolas	
Rasam	..	8 ,,	

Then it is ground with the semparuthipoo juice for 2 days and with vazhai kattai juice for two days. It is dried and filled in a kasi kuppi and heated in sand-bath for three days continuously. When cooled, it is removed and the sindooram is collected and powdered.

Dose : 1 to 2 grs. with honey and karpuradi churnam and betel leaf juice.

Indications : kshayam, elai, mala-chikkal, grahani, kamalai, kaduppu, gunmam, jwaram, and megasoolai.

69. Rasa Chenduram

Purified Rasam	..	4 palams.	
,, Gandhakam	..	1 palam	
Thalagam	..	¼ ,,	

Gandhakam is powdered in a kalvam and rasam is added little by little, grinding each time till it mixes well and becomes

69. Rasa Chenduram—(*continued*)

black powder. This powder is put in a kasi kuppi. This is placed in a valuka yanthram and heated for 48 hours. About twelve hours after heating has commenced the powder in the kuppi melts, when purified and finely powdered $\frac{1}{4}$ palam of thalagam is added and stirred well by an iron rod.

For the first three hours the fire must be low (theepagni), for the second three hours it must be moderate (kamala agni) and for the rest of the period the fire should be intense (kadagni). When cooled, it is removed and the Chenduram is powdered.

Dose : $\frac{1}{2}$ to 1 gr. with honey.

Indications : meganoi, bhagandaram, chronic fevers, skin affections.

Diet : Avoid tamarind and smoking tobacco while taking medicine.

70. Suyamagni Chenduram

Irumbu arappodi	4	parts.
Kantham	8	,,
Rasam	16	,,
Gandhakam	32	,,

Kajjali is made of rasam and gandhakam and the other two are added and ground with kattalai juice for 6 hours. The paste is made into a cake and placed in a bronze plate and exposed to hot sun. When black fumes come out of the cake it is the indication that the medicine has completed in its process of preparation. This is powdered in a kalvam when cooled.

Dose : 1 to 2 grs. with honey, ghee and seeraka churnam, cheendil churnam.

Indications : vatha gunmam, mahodaram, moolam, grahani and athisaram.

71. Thalaga Chenduram

Thalagam is purified by boiling it separately with each one of the following :

1. Poosinikkai juice
2. Gingili oil and Kalchunna-neer
3. Gingili oil.

71. Thalaga Chenduram—(*continued*)

Mookkurattai is ground and made into 2 cakes. The thalagam is put between the two cakes and again put into a chatti. The edges are sealed with mud cloth and burnt for 24 hours. It becomes Chenduram.

Dose : ½ to 1 gr.

Indications : With lime juice in eye diseases.

With palm jaggery in vatarogams.
With poosanippazhacharu in pramegham.
With vellarikkai neer in neeradaippu.
With cow's milk in sootaka vayu.

72. Thambira Chenduram

Gandhakam is ground for 3 days with the juice of thaivelai and made into a kugai and fit inside a clay kugai (crucible).

Thin copper plate is cut into small pieces and soaked in the juice of etti fruit for 15 days; each day new fruit juice is added. Enough quantity of padikaram is ground with water and with the paste the copper plates are covered and dried. The copper plates are put into the kugai and covered with mud cloth seven times and dried. Gȧja putam is put. Then the copper is removed, equal quantity of lingam is added, ground with erukkan pal and gaja putam is put. The chenduram will be pink in colour.

Dose : ½ to 1 gr. with honey and thrikadu.

Indications : gunmam, karappan, peruvayaru, udaravayu, veekam, neerkovai and neerambal.

73. Thanga Chenduram

Thanga Rekku .. .. 1 tola

Purified thanga rekku is ground in a kalvam with the juice of masipathri leaves for five days and made into small discs, dried in the sun and putam with 20 cowdung cakes is put. The process is repeated nine times.

Dose : ½ to 1 gr. with honey or ghee.

Indications : kasam, kshayam, puranajwaram and balaheenam.

74. Thanga Uram

1 palam each:

1. Gandhakam
2. Rasam
3. Velvangam
4. Navacharam

First vangam is melted in an iron vessel and poured in a kalvam. Rasam is added immediately and ground well. Then powders of other two drugs are added and ground well with vediuppudhiravakam. The powder is placed in an earthen chatti and covered with another earthen chatti with a hole in the centre. The edges are sealed with mud cloth and dried. The chatti is kept on fire and burnt for six hours.

Dose : 1 to 2 grs. with honey or ½ tola of *jathikkai leghyam.*

Indications : keelvayu, vettai, vellai and narambuthalarchi.

75. Thurusu Chenduram

Thurusu	..	..	..	1 palam
Veppilai	..	..	..	2 palams

Both of them are ground without water and made into a bolus. Six palams of pirandai is made into a paste and the thurusu bolus is inserted and dried. Putam with 10 cowdung cakes is put.

The process of grinding with veppilai and covering it with pirandai paste is repeated till *proper chenduram is obtained.*

Dose : ¼ to 1 gr. with honey or ghee.

Indications : gunmam, soolai, maghodaram, vatha, pittha and kapha diseases.

76. Uppu Chenduram No. 1

Purification : Common salt is made into a solution, filtered and boiled to a thick consistency. It is dried and the process is repeated *5 or 6 times.*

Thus purified common salt 5 palams by weight is ground with the juice of agayathamarai leaf juice for 3 days. Small *discs are made* and dried. Putam is put in ten cowdung cakes. The process is repeated 9 times increasing the number of cowdung cakes by one for every putam.

Dose : 1 to 2 grs. with water.

Indications : vatha-kaphagunmam, ajeernam and soolai. *(flatulence, peptic ulcer and colicky pain in the abdomen.)*

77. Uppu Chenduram No. 2

Same as above but the juice of puliyarai keerai is used to grind. This preparation is useful in Pittha-gunmam.

78. Uppu Chenduram No. 3

Kalluppu	..	..	.. 4 palams
Rasam	..	..	.. 1 palam

Both are ground with the juice of vilva elai for 6 hours. The paste is put in a mud crucible and blown well in a charcoal furnace till it melts. When cooled, it is ground in a kalvam with the juice of agayathamarai leaf for 12 hours. Small discs are made and dried. Putam with 30 cowdung cakes is put. The process is repeated 5 times.

Dose : 2 to 3 grs. with honey.

Indications : gunmam, nencherivu, soolai and soothagavayu.

79. Vediuppu Chenduram

1. Vediuppu ..	..	..	3 palams
2. Veeram ..	..	..	2 ,,
3. Human hair	..	..	8 ,,

Nos. 2 and 3 are ground with breast-milk till such time these two become soft paste. Vediuppu is covered with this paste and dried. In a big chatty filled with four inches of sand, five palams of fried padikaram is spread over it and the vediuppu is placed over it. Another five palams of fried padikaram is spread over the vediuppu and four inches of sand spread. The chatty is placed on fire and burnt on low fire till the sand becomes red. When it becomes pakam, the fire is removed from the oven and the chatty is allowed to cool.

The layers are removed carefully and the vediuppu is taken. It will be red in colour.

The chenduram is ground with human milk, made into small discs and submitted to fire as before. The process is repeated three times.

Dose : 2 to 3 grs. 2 times with water.

Indications : gunmam, megham, neerkattu.

Note : The above is as described in the book. For practical purpose, the fried padikaram is tied in a piece of silk cloth and placed above and below the vediuppu in the sand bath in the chatty. This prevents the vediuppu melting and adhering to padikaram.

80. Velli Chenduram

Gandhakam ..	..	.. 5 palams
Silver rekku	..	.. 1 palam
Cocoanut shells	..	.. Nos. 100

Powdered gandhakam is placed in a chatty and the silver rekku rolled is inserted into the powder so that the silver rekku is completely covered by gandhakam. The mouth of the chatty is covered with another chatty and the mouths sealed. The chatty is heated with the fire of cocoanut shell. When cooled *the silver will be converted into chenduram.*

Dose : ½ to 1 gr. with suitable vehicles.

Indications : pandu, kamalai, gunmam, soolai and kshayam.

This can be given in urinary and skin diseases. It increases the strength of a person and gives a feeling of well-being.

81. Jalamanjari

1 tola each :

1. Sangu
2. Gandhakam
3. Sasthirabedhi
4. Kantham
5. Padikaram
6. *Vengaram*
7. Silajit
8. Kalnar
9. Ayappodi (Iron filings)
10. *Vediuppu 9 tolas*

Fine powders of the above drugs are placed in a kalvam and ground well and the powder is put in a crucible and kept on fire. The whole mass melts and is allowed to cool down. The resultant is powdered.

Dose : 2 to 4 grs. with tender cocoanut water, lime juice, hot-water, karisalai decoction and keelanelli ver decoction.

Indications : neeramai, pandu and veekam. (It is given in anaemia, oedema and ascities.)

82. Kasthuri Karuppu

1. Kasthuri	.. 1 part	4. Kunkumappoo	.. 5 *parts*
2. Pachai karpuram	.. 5 parts	5. Rasam	.. 5 ,,
3. Gorojanai	.. 5 ,,	6. *Gandhakam*	.. 5 ,,

82. Kasthuri Karuppu—(*continued*)

7. Lingam	.. 5 parts	10. Thalagam	.. 5 parts
8. Pooram	.. 5 „	11. Manosilai	.. 5 „
9. Rasa chenduram	.. 5 „	12. Thippili	.. 7 „
		13. Omam	.. 7 „

Excepting the first four drugs, fine powder of all the other drugs is made and mixed together. Then the first four drugs are added and ground well in a kalvam.

Dose : ½ to 1 gr. 2 to 3 times a day with honey.

Indications : vatham, vathakapham, kapham and thondai kattu. (laryngitis, pharingitis, tonsilitis, puerperal sepsis, etc.)

83. Pattu Karuppu Chenduram

Lingam	.. 1	part
Rasam	.. 1	„
Gandhakam	.. ½	„
Rasakarpuram	.. ½	„
Veeram	.. ½	„
Vellaipashanam	.. ½	„
Kantham	.. ½	„
Nabhi	.. ½	„
Lavangam	.. ¼	„
Castor oil	.. 1	„
Chitramoola ver pattai	.. 8	parts

Excepting the last two drugs, fine powder of other drugs is separately made and mixed well. The powder is ground with castor oil to make into a consistency of wax and made into a cake. The root bark of chitramoolam is ground till it becomes a thick paste and the cake is covered with the paste.

Then the above is wrapped with a silk-cloth dyed with lac. This piece of cloth is coated with the paste of wheat flour or blackgram flour and dried. This is covered again with sand and a putam is put.

Dose : 1 to 2 grs. with honey.

Indications : jwaram, soothaka jwaram, ruthu soolai, etc. (This is given in amenorrhoea and dysmenorrhoea.)

84. Thalaga Karuppu

Thalagam	1 part
Nathai mamsam (Snail flesh) ..	2 parts

Powdered thalagam is taken. The snail's flesh is ground in a kalvam and thalagam is added little by little. The whole thing is made into a paste and a cake is made and dried. One laghu putam is put. The resultant is powdered and kept.

Dose : 2 to 3 grs. in honey.

Indications : eraippu, erumal and kapha jwaram. (In fever and diseases of the respiratory system).

85. Parangipattai Pathangam

Parangipattai	5 palams

Fluid extracted from ass's dung—quantity sufficient

Parangipattai is cut into small pieces and soaked in the ass's dung fluid. The pieces are dried in the sun. The process is repeated with the following juices.

1. Kuppameni charu
2. Poduthalai charu
3. Kayanthagarai charu
4. Sangankuppi charu
5. Cow's milk.

Gandhakam	1 palam
Rasam	5 palams
Lingam	5 ,,

The three drugs are powdered and kept in a chatty and covered with another small chatty with holes made in it and the above parangipattai is spread over it. With another chatty, it is closed and the juncture of the chatties is sealed with mud cloth 7 times; the chatti is kept on fire for 3 hours. Later parangi-chakkai is powdered and used.

Dose : 1 to 2 grs. with palm jaggery.

Indications : megham, soolai, karungranthi, kaikaruppu, vellai, keel-pidippu, vranam and kushtam.

86. Thirumurthi Pathangam

Veeram	..	1 palam
Pooram	..	1 ,,
Vellai pashanam	..	1 ,,

The above drugs are powdered separately and mixed well and kept in a chatty and covered with another chatty. The juncture is sealed with mud cloth. The chatty is kept on fire and heated for 6 hours. The sublimate from the upper chatti is removed and the process is repeated 5 times.

Dose : ¼ to ½ gr. once daily with palm jaggery or with one teaspoonful of castor oil.

Indications : pakshavatham, kandamalai and araiappu.

Diet : Salt-free diet.

Note : Should not be administered for more than 3 days at a time and may be repeated after one week.

Chunnam

The term chunnam indicates baked lime. This term applies to certain category of medicines which turns white when heated or putam is put and turns turmeric into red just like chunnam. This also causes irritation to the mucous membrane.

87. Vanga Chunnam

Purified velvangam	..	10 palams
Purified rasam	..	10 ,,
Purified andaodu	..	10 ,,
Purified veeram	..	5 ,,
Supernatent water of kalchunnam :		64 ozs.

Vangam is melted in an iron laddle and poured in a kalvam and mercury added immediately and ground well. Then andaodu and veeram are added and ground with kalchunnaneer.

A disc is made and dried and placed in an earthen plate and blown in a furnace. When the disc turns red-hot, it is removed from the fire and is allowed to cool down and powdered.

Dose : ¼ to ½ gr. with honey, ghee or butter.

Indications : urethritis, rheumatism, neuritis and arthritis.

88. Vediuppu Chunnam

In a chatty, half the quantity of amaiodu chunnam is filled. Vediuppu is placed in the middle and the other half of the chatty is filled with amaiodu chunnam. It is covered with an earthen plate and the juncture sealed with clay, dried and putam is put with 40 cowdung cakes.

The resultant vediuppu is removed, ground with the juice of neer-mulli or mullikeerai and again a putam with 40 cowdung cakes is put. The process is repeated till it becomes strongly alkaline.

Dose : 1 to 2 grs. with neermulli decoction, tender cocoanut water or mullangi juice.

Indications : For dysurea, retention of urine, suppression of urine and oedema.

SECTION III

BARPAM

Barpam is one that has gone through heat and has become whitish ash. Minerals, metals and such like and some of the animal products as bones, horns, hoofs and feathers are made into barpam, first by disintegrating them with juices of plants or liquids of chemical compounds like theeneer, jaineer etc., and by putting them into putam.

The drug is ground in a kalvam with the liquid mentioned in each preparation and is made into small discs. They are dried and placed in single layer in a mud crucible (agal) and covered with another of the same dimension. The edges are sealed with cloth smeared with clay and is dried. This is put into putam.

Putams are put usually with cowdung cakes. The number of cowdung cakes vary according to the heaviness of the metals or minerals. A big pit is dug and half of the cowdung cakes are spread in the pit. The agal is placed in the centre and the rest of the cowdung cakes are spread over. Fire is placed on all the sides. Putam is put in a place when there is not much wind and the cowdung cakes should burn slowly. When the heat has subsided completely the agal is removed, the mud cloth removed and the discs removed and made into fine powder in a kalvam.

89. Abhraka Barpam

1. Purified abhrakam	.. ..	1 palam
2. Maruthondri root bark	..	16 palams

Decoction of Maruthondri is prepared by adding 64 palams of water (5 lbs.) and reducing it to 16 palams. Two palams of the decoction is added to the abhrakam and dried in shade. This process of adding 2 palams of kashayam and drying in shade is continued for 8 days. To this abhrakam, double the quantity of kadappam pisin is added and dried till half the quantity of pisin is dried. Then, 2 palams of kuppameni charu is added each day for 8 days and dried.

To this, double the quantity of veppennai is added (neem oil) daily for 6 days and ground in a kalvam. Discs are made

89. Abhraka Barpam—(*continued*)

and weighed. These are kept in the sun to dry and each day atthipal is added and dried till atthipal is equal to the weight of abhrakam. This is done for three days. The discs are placed in a mud agal and covered with another agal and mud cloth is tied at the junction. This is put in putam with 60 cowdung cakes. The barpam will be white in colour.

Dose : ½ to 1 gr. with sugar, ghee or betel leaf juice for 45 days.

Indications : pramegham, jwaram, unmadam, mahodaram, marbu noi, pilavai and virai-vatham. (diabetes, low fevers, mental diseases, ascities, carbuncle etc.)

Pathyam : tamarind, tobacco, mustard, alcoholic drinks and agathi keerai are to be avoided. During the period brahmacharyam should be followed.

90. Amaiodu Barpam

1. Amaiodu	.. ..	10 palams
2. Kal-chunnambu thelivu neer	..	20 „
3. Pooneeru thelivu neer	..	20 „

Nos. 2 and 3 are mixed in a pot. Amaiodu is put in the liquid and heated till all the liquid dries up. Then amaiodu is washed with water. Amaiodu is purified thus.

Bhunagam is ground with kodi kallipal and the paste is smeared on amaiodu and dried. This is put into putam with 100 cowdung cakes. The covering is removed and amaiodu is put in a kalvam and ground with adathodai juice. Discs are made and dried. These are put in an agal and another putam is put in the usual way.

Dose : 1 to 2 grs. with honey or breast milk.

Indications : mandam, ganam (gastric disorders), children's diarrhoea.

91. Aya Barpam

Purified iron-filings—1 palam

Six palams of kurukathipoo charu is added daily and ground for three days. Discs are made and dried in the shade. Tamarind leaves are made into a paste and with this one musai and a lid is made. The discs are put into musai and covered with the lid and the whole thing is covered with mud cloth and dried. This

91. Aya Barpam—(*continued*)

is put into putam with 108 cowdung cakes. The putam is removed when cooled and the discs powdered. The barpam will be white in colour.

Dose : 1 to 2 grs. with honey, ghee, sugar or milk.

Indications : megha rogam, pandu, kulir jwaram, asthi jwaram, swasa kasam and vippuruthi.

(Diseases of the urogenital system, anaemia, fevers, bronchitis etc.)

92. Chanda Rasa Barpam

Required quantity of rasam is taken and ground with vediuppu dravakam and made into a disc. It is dried in the sun. Three parts of common salt and one part of brick powder is put in a pot and mixed. The disc is placed in it and the pot is covered at the mouth with another pot and the junction sealed. This is heated slowly for 12 hours. When cooled, the white powder is removed, and ground with vediuppu dravakam and a disc is made, placed in a pot as above and heated. The process is repeated till the disc is not sublimated and no white powder is seen in the inner side of the upper pot.

Dose : ¼ to 1 gr. with palm jaggery.

Indications : megham, megha-vranam, gunmam, soolai, kushtam and vatha diseases. (gonorrhoea and syphilitic ulcers, peptic ulcers, leprosy and certain nervous disorders.)

Diet : Salt-free diet, milk and rice, rice conjee.

93. Gandhaka Barpam

Purification of Sulphur : One measure of cow's milk and the juice extracted from the root of a plantain tree (preferably from monthan variety) are mixed together and poured into a broad-mouthed mud vessel. A piece of clean and thin cloth is tied on the mouth of the pot. Over the cloth as much sulphur as the cloth would hold is spread evenly. Another shallow earthen vessel whose mouth would fit with that of the lower vessel is placed over and sealed with mud cloth.

After it has dried, the vessel is put in a pit with sand so that the vessel will be two inches under the sand. Ten cowdung cakes are spread and ignited. The sulphur melts and is dropped in the liquid. It is removed, washed and dried. The process is repeated nine times.

93. Gandhaka Barpam—(*continued*)

1. The purified sulphur is ground with juice of kuppameni and made into cylinder and covered with a thick paste of kuppaimeni leaves or sirusinni leaves weighing four times the weight of sulphur. This is placed in the centre of a pot containing two measures of the ash of maruthampattai. This is burnt under low fire till smell of gandhakam is noticed and when cooled the contents are taken and powdered.

2. Five palams of purified gandhakam is taken and ground in a kalvam with the juice of white onions. This should be done for fifteen days. Again this should be ground with 5 palams of ginger juice a day, for fifteen days. Fresh juice is used every day. A disc is made of the gandhakam and dried. Half a measure of maruthan pattai ash is filled in a pot and this disc is kept. Another half a measure of the ash is put above and the pot is put on fire and burnt for 12 hours by deepagni and kamalagni. When cooled the disc is powdered and used.

Dose : ¼ to ½ gr. with ghee or butter.

Indications : Skin diseases such as sori, themal, meghapadai, kushtam, madhumegham, swasam, kshayam and bagandardam.

94. Karuvanga Barpam

Karuvangam is melted and poured one after another in the vinegar (kadi) of bengal gram, tamarind solution, butter milk, juice of kattazhai (aloes), cow's urine and gingily oil. Each time, the vangam is melted and poured in the fluids mentioned. This process purifies it.

A paste is prepared (half the weight of vangam) of thalagam and veeram with vediuppu dravakam and is smeared over vangam. Equal quantity of goat's dried dung and omam is spread on a jute canvas, the vangam is placed and the canvas rolled. This is put in a gajaputam, using cowdung cakes and tamarind tree bark. When cooled the barpam is removed and powdered.

Dose : ½ to 1 gr. with honey, ghee or butter.

Indications : neeradaippu (scanty urine), kalerivu (neuritis of feet), fevers, piles and fistulas.

95. Kalnar Barpam

Eight palams of kalnar is soaked in cow's urine for 10 days using fresh urine every day.

1. This is ground with the juice of adutheenda palai for 10 days and small discs are made and dried in the sun. A putam with 1,000 cowdung cakes (gajaputam) is put.

2. Adu theenda palai is made into kalkam and the purified kalnar is placed in it and when dry putam is put.

Dose : 1 to 2 grs. with butter or ghee.

Indications : pittham, moothira kricharam, vellai and erichal. (Biliary diseases and diseases of the uro-genital system.)

96. Kungilya Barpam

Vellai kungilyam	.. ..	10 palams

1. Kungilyam is boiled seven times in tender cocoanut water, cooled and made into fine powder.

2. A tender cocoanut is taken and half the outer skin is removed. A hole is made at the top and powdered white kungilyam is put into it. The cocoanut is placed in a vessel and water poured to cover three-fourths of the cocoanut. The vessel is placed on fire and boiled. Now and again it should be seen whether the kungilyam has melted properly within the cocoanut. If it has melted, it should be poured into a vessel containing cocoanut water. This should be allowed to cool. The kungilyam is removed and put into another cocoanut and boiled as before. The process is repeated nine times. At the last time, the kungilyam is made into fine powder and used.

Dose : 2 to 5 grs. with ghee, butter or tender cocoanut water.

Indications : vellai, neererivu, neerkattu, pramegham and seethabhedi. (Leucorrhoea, diseases of the urinary tract and dysentery.)

97. Muthu Barpam

Pearl (nal muthu with no holes)[1]	..	1 palam
Nochchi juice	.. ..	2 palams
Nilappanai juice	.. ..	2 ,,

[1] Pearl is purified by soaking in cow's curd for 24 hours and washed with water.

97. Muthu Barpam—(*continued*)

The pearl is soaked in the juice of nochi for two days and after grinding it with the same juice, putam is put with 30 cow-dung cakes. This is repeated with nilappanai juice.

Dose : ½ to 1 gr.

Indications and Anupanam :

Malaikkan (night blindness)—Water.
Ushnathickkam—Cow's milk.
Valippu—Nilathulasi juice.
Pittham—Nilavila juice.
Vatham—Nochi juice.
Moolam—Cow's butter.
Nalpatta bedhi—Sivanarvembu churnam.
Utkaichal—Sugarcane juice.
Vanthi—Sugar.
Kshayam, Erumal and Raktha pittham—Ghee.

98. Muthuchippi Barpam

Kal chunnam and pooneer are mixed in water and supernatent fluid taken. In this water muthuchippi is put and boiled for 3 hours and washed. The process is repeated five times.

Purified chippi is put in a kalvam and ground with the following juices one by one and put into varaha (panri) putam. If the weight of the chippi is 5 palams use 30 cowdung cakes for 1 putam.

Adathodai juice— 1 putam
Nochi juice— 1 ,,
Nilappanai juice—1 ,,

Dose : 2 to 4 grs. with ghee or butter.

Indications : moolam and poutram. (piles and fistula)

This barpam can be used in places where muthu barpam is indicated like kshayam, kasam and rakthakasam. (Tubercular affections, pulmonary tuberculosis, haemoptisis etc.) The effects will be proportionately less.

99. Naga Barpam

Nagam is put in an iron vessel and kept over fire. When it melts one measure of karisalai juice is poured drop by drop till nagam becomes powder. Instead of karisalai juice, garlic juice can also be used.

This powder is ground with kathalai juice and made into small discs, dried and putam is put. The process is repeated till the green colour is changed.

Dose : 1 to 2 grs. with butter, ghee or thetran kottai leghyam.

Indications : moolam, pavithiram, athisaram, grahani and seethabhedi. (Piles, fistula, diarrohea, intestinal infections, dysentery etc.)

100. Nandukal Barpam

Equal quantities of kalchunnambu and pooneeru are mixed with water and the supernatent fluid taken. In this fluid nandukal is boiled for 3 hours and thus it is purified.

The purified nandukal is placed in a kalvam and ground for three days with mullangi juice and putam is put. Then another putam is put with sirupeelai juice.

Dose ; 2 to 4 grs. with water, tender cocoanut water, neermulli decoction or sirupeelai juice.

Indications ; neeradaippu, kalladaippu, sathaiadaippu, neerkattu etc. (uretheral obstruction and strictures.)

101. Nathai Barpam

A small pot is taken and half of it is filled with nathai, which is washed well. The pot is covered with an earthen plate and sealed with mud cloth. This is dried and putam is put with 50 cowdung cakes. When cooled, the ash is removed and ground with kathazhai juice for a day and made into a villai (disc). The villai is dried and another putam is put in the usual way.

Dose ; 2 to 4 grs. with ghee or butter.

Indications ; raktha moolam, seetha bedhi and asana kaduppu. (bleeding piles, dysentery, anal fissures etc.)

102. Padikara Barpam

Purified Padikaram .. .. 10 palams

This is ground with egg albumin for 24 hours and made into discs and dried in the sun. Putam with 15 cowdung cakes is put.

Dose : 2 to 3 grs. with ghee or butter.

Indications : vettai, rakthamoothram, neer-erivu, neeradaippu and perumpadu. (Leucorrhoea, urithritis, burning sensation during micturition, stricture urethra etc.)

103. Palakarai Barpam

Palakarai is soaked in lime juice for a day and washed with water. This purifies it.

Purified palakarai is ground with the juice of surai punnai using the juice at the rate of 4 palams to 1 palam of palakarai. After grinding for 4 days, putam is put with 36 cowdung cakes. Later, the following juices are used for grinding to the required number of days as follows and putam is put.

1. Juice of chitramulam leaf	4 palams	5 days	30	cowdung	cakes
2. Juice of kallal samulam	4 ,,	5 ,,	24	,,	,,
3. Juice of kattu *mallikai samulam*	3 ,,	3 ,,	18	,,	,,
4. Juice of nilorpala samulam	2 ,,	2 ,,	12	,,	,,
5. Supernatent fluid of sandalwood paste	1 palam	1 day	6	,,	,,

Dose : ½ to 1 gr. with butter, ghee, milk or butter milk.

Indications : vettai, megha choodu, neer kattu, gunmam and visham. (Leucorrhoea, urithritis, scanty micturition, abdominal pains and tumours and poisonous affections.)

104. Panchalavana Barpam

1 palam each :

Sotruppu
Induppu
Vediuppu
Vengaram
Kalluppu

104. Panchalavana Barpam—(*continued*)

The above is ground with the following juices one after another and put into putam as follows :—

1. Kuppaimeni juice	2 days	30	cowdung	cakes
2. Kallipal	2 ,,	35	,,	,,
3. Umathai juice	2 ,,	40	,,	,,
4. Erukkam pal	2 ,,	45	,,	,,

Dose : 1 to 2 grs. with water, ghee or butter.

Indications : ajeernam, athisaram, soolai and gunmam. (Indigestion, diarrhoea, abdominal colics and tumours.)

105. Peranda Barpam No. 1

Equal weight :

Nai mandai odu (dog's skull)
Manitha mandai odu (human skull)
Mattu mandai odu (ox's skull)

1. Equal quantity of clear fluid of kal chunnam and pooneeru is taken in a pot and the bones are boiled for 5 hours and washed.

2. Human skull alone is boiled again in the above way once more. The purified bone is powdered and ground with lime juice mixed with powdered alum and putam is put.

The above is powdered and ground with ass's milk and putam is put in the usual way with 50 cowdung cakes. The process is repeated with cocoanut *milk (thengaipal).*

Dose : 1 to 3 grs. with ass's milk, ginger juice and sugar mixed.

Indications : pythiam, bramai, moorchai, valippu. (Given for all mental disorders.)
Insanity, hysterical affections, convulsive diseases and such other mental diseases.

106. Pavala Barpam

Nal Pavala Barpam

For one palam of purified pavalam 12 palams of sugarcane juice is added and ground for seven days. Putam is put with 34 cowdung cakes.

Kodi Pavala Barpam

Elandhai elai kalkam is made to the size of a small cocoanut. Pavalam is inserted in the centre of the mass and covered with

106. Pavala Barpam—(*continued*)

2 or 3 layers of mud-cloth and putam with 50 cowdung cakes is put. The process is repeated four times in karttazhai charu.

Dose : 1 to 2 grs. with ghee, butter, water or milk.

Indications : rakthapittham, kasam, swasam, cough (dry), grahani and kshayam. In diarrhoea, this is given in lime juice with a pinch of sugar.

107. Sangu Barpam

Sangu is cut into small pieces and soaked in lime juice for four days and washed with cold water afterwards. The bits are placed within the kalkam of agaya thamarai weighing five times the weight of sangu and dried in the sun. Putam is put with 40 cowdung cakes.

Dose : 1 to 2 grs. with milk, butter or ghee.

Indications : gunmam, soolai, skin diseases and abdominal pains. For janni, thulasi juice is used as anupanam.

108. Silajit Barpam

Karpura silajit 10 palams (purified) is ground with the juice of sirucherupadai and made into discs. These are dried in the sun. Putam with 50 cowdung cakes is put. This process is repeated three times.

Dose : 5 to 10 grs. with butter or ghee.

Indications : moothira erivu, vellai, burning in the stomach, neerkattu and diseases due to increased pittha. (Urithritis, leucorrhoea, gastritis, stricture urethra, and certain diseases of bile and gall-bladder.)

109. Sringi Barpam

Mankombu is cut into small pieces and soaked in agathi leaf juice for a day and washed with water. The process is repeated for 7 days. The purified sringi is covered with the paste of elarisi and dried. Then this is put in putam with 100 cowdung cakes. This number is for 10 palams of sringi.

Dose : 2 to 4 grs. with butter or ghee.

Indications : kanai, irumal, marbu noi, ammai (small pox and other poxes) and elumburukki.

110. Thalaga Barpam

One palam of purified thalagam is placed on a sheet of mica and is placed on mild fire. Small quantities of two palams of vediuppu jayaneer is poured over the thalagam. This thalagam is ground with vediuppu jayaneer. A disc is made and dried in sun. This disc is placed in an agal filled with chippichunnam. It is covered with another agal and sealed with mud cloth. Putam is put with 10 cowdung cakes. The process is repeated twice increasing the cowdung cakes every time by five.

Dose : ¼ to ½ gr. with palm jaggery, ghee or honey.

Indications : pittha vettai, pittha jwaram, pittha kasam, pittha kshayam, elai, valippu and megham.

N.B.—Salt-free diet. This should not be used for more than 12 days at a time.

111. Thambira Barpam

One palam of purified copper filings is taken and ground in a kalvam with the following juices respectively for the number of days shown against each.

1. Alam vizhudu juice	4 palams	per day.	5 days
2. Elumicham pazha rasam	4 ,,	,,	5 ,,
3. Vatta kilukiluppai ver kuzhi tailam	4 ,,	,,	5 ,,
4. Punnai virai thailam	4 ,,	,,	5 ,,
5. Kattamanakku virai kuzi tailam	4 ,,	,,	5 ,,

After twenty-five days the copper filings become blue in colour. This is ground in a kalvam with the juice of mullangi for a day, made into a disc and dried. The disc is placed in an iron laddle and heated on a lamp flame dropping now and then the oil of ganja seeds till one palam of the oil is burnt away. Then a paste of nilappanai kizangu and ekai ver is prepared with the juice of mullangi. A moosai is prepared of the paste and the disc is placed and covered with another moosai. Three layers of mud cloth are woven one after another and dried in the shade. On the 30th day putam is put with 100 cowdung cakes. The barpam will be white in colour.

Dose : ½ to 1 gr. with suitable anupanam.

111. Thambira Barpam—(*continued*)

Indications : Used in kapha rogams with honey, kshayam and pittha rogam in ghee. In white and black pigmentation of the skin, sugar is anupanam and in megha rogam and sannipatam tender cocoanut water is used. In chronic diseases betel leaf juice and tulasi juice can be used as anupanam.

N.B. If the person complains of nausea or vomiting, the medicine should be withdrawn and the decoction of lemon fruit and dry ginger should be given.

112. Thanga Barpam

Juice	*Weight of the Juices*	*Days for Grinding*	*Putam*
Thuvarai leaves	5 palams	15 days	34 cowdung cakes
Thiruvathi leaves	4 ,,	12 ,,	32 ,,
Amanakku leaves	3 ,,	9 ,,	25 ,,
Agathi leaves	2 ,,	6 ,,	16 ,,
Plantain fruit juice	1 ,,	3 ,,	9 ,,

For one palam of thanga rekku, the above juices are used for grinding. After grinding with one juice, small villais are made and dried in shade and then under the sun. Putam is put with the number of cowdung cakes mentioned in the table above. The process is repeated as mentioned in the tabular column one after another.

Dose : 1 to 2 grs. with honey, ghee, butter or milk.

Indications : kshayam, kasam, kaichal, sobai, pandu, impotency etc. This may also be taken with suitable leghyams. (Tubercular affections, bronchitis, fevers, aneamias, jaundice etc).

113. Vanga Barpam

Purification : 1 palam of velleeyam is melt and poured in kadi neer, decoction of bengal-gram, tamarind solution, aloe's water, cow's urine and gingily oil respectively one after another each time melting velleeyam.

Or

Velleeyam is melt and poured in eluppai nei. The process is repeated ten times using each time fresh nei.

113. Vanga Barpam—(*continued*)

The purified velleeyam is filed into filings. A piece of jute sack is taken and turmeric powder is spread over it. The filings are spread over the turmeric and rolled and burnt. The ash is washed away and velleeyam removed. This is ground with kattazhai juice and putam is put with 20 cowdung cakes. This is repeated 20 times each time increasing the putam with 5 cowdung cakes.

Dose : 1 to 2 grs. with butter, ghee, honey.

Indications : vettai, moolam, pavithiram and neermegham.

114. Vengara Barpam

1 palam of vengaram is dissolved in water filtered through a thick cloth in a porcelain cup and kept in sun till the water evaporates. Vengaram is ground with egg albumin for 4 days. A disc is made and putam is put with 25 cowdung cakes.

Dose : 2 to 3 grs. with butter, ghee, water of tender cocoanut.

Indications : vellai, moothira kiricharam and neeradaippu.

115. Velli Barpam

Silver is melted in a crucible and when it is melting, juice of magizhampoo twice the quantity of silver is added. The silver becomes brittle. This silver is ground with magizhampoo juice and a disc is made, dried well and covered with the paste of mutka velai ground with the juice of magizhampoo. This is dried and putam is put with 100 cowdung cakes. If silver is not turned into a fine barpam, the process is repeated as many times as is necessary.

Dose : 1 to 2 grs. with butter.

Indications : kasam, rakthakasam, megham, kshayam, soolai, moolam and vellai.

SECTION IV

CHURNAM

Drugs are cleaned and dried. They are powdered and sieved. To make the powder fine, it is sieved through a fine cloth. The best method is to have the drugs separately powdered and then mixed together. As some drugs are more fibrous than the other and will have more residue and so lose weight, powdering separately and weighing each and mixing is the best.

116. Amukkara Churnam

Lavangam	..	..	1	part.
Sirunagapoo	..	..	2	parts
Elam ..	..	..	4	,,
Milagu	..	..	8	,,
Thippili	..	..	16	,,
Chukku	..	..	32	,,
Amukkaran kizhangu		..	64	,,
Sugar candy	..	..	128	,,

The drugs are slightly fried separately and powdered and mixed well. Then sugar candy is powdered and mixed well with the powdered drugs.

Dose : 15 to 30 grs. with honey or warm water.

Indications : Eight varieties of gunmam, vettai, vikkal, pandu and dhatu kshayam. (Peptic ulcers, hiccough, anaemia and debility.)

117. Araththai Churnam

Equal quantity :

Chittarathai
Chukku
Thippili
Akkarakaram
Athimathuram

Sugar—equal to the above quantity.

The first mentioned drugs are powdered and mixed with powdered sugar.

Dose : 15 to 30 grs. twice a day with honey.

Indications : thondai kattu and kasam. (Laryngitis, pharyngitis, tonsilitis).

118. Drakshadi Churnam

Equal parts :

Drakshai	Koshtam
Perichankai	Athimathuram
Koraikilangu	Seenthilchakarai
Kattumilagu	Nilakumilver
Chandanam	Kottumalli
Nerpori	Nerunjilver
Koogaineer (kaatu erumaipal)	Vilamicham ver
Elam	Mara-manjal
Seerakam	Neithal kilangu
Vettiver	Lavangam
Thrikatu	Kasthuri manjal
Thriphalai	Kunkumapoo
Chittamutti	Kichili kilangu
Peramutti	Thamaraivalayam

Sugar—Equal to the total weight of the above drugs.

The drugs are powdered well and mixed with powdered sugar.

Dose : 15 to 20 grs. with honey.

Indications : porumal, kasaswasam, gunmam, dhatu kshayam, pramegham, vayitru noi, arochakam, vanthi, paithiyam, pandu, jwaram and mayakkam. (May be given in cases of cough, loss of appetite etc.)

119. Eladi Churnam

Lavangam	1 part.
Milagu	2 parts.
Chirunagapoo	4 ,,
Thalisapatri	8 ,,
Kugai neeru	16 ,,
Chukku	32 ,,
Elam	64 ,,
Sugar	128 ,,

The first seven drugs are powdered well and added to powdered sugar.

Dose : 15 to 30 grs. with honey.

Indications : vata pittha diseases, granthi, vranam, chilvisham, kushtam, perumpadu and elumburukki noi.

120. Injee Churnam (Rasayanam)

Inji	..	..	.. 40 parts
Seerakam	..	..	.. 20 ,,
Sugar	..	..	.. 60 ,,

Ghee—quantity sufficient to fry.

The skin of the ginger is removed and cut into small pieces and then the ginger is fried in ghee. The seerakam is fried separately in ghee. Both the drugs are finely powdered. Then sugar is added to the above and mixed uniformly.

Dose : 10 to 20 grs. with water.

Indications : vanthi, agni mandyam and ajeernam. (Vomiting, burning sensation in the stomach, indigestion and loss of appetite etc.)

121. Kazharchi Churnam

Kazharchi paruppu	..	..	1 part
Pepper	..	..	.. ¼ ,,

The drugs are finely powdered.

Dose : 5 to 10 grs. with milk.

Indications : andavayu, soothakavayu, yanaikal. (Orchitis and filariasis.)

122. Kummatti Churnam

Atru kummatti kai	..	..	Nos. 20
Valayaluppu	..	..	5 palams.
Common salt	..	..	1 measure (3 lbs.)
Cow's milk	..	..	1 ,, (3 lbs.)

The skin of kummatti kai is peeled off and the seeds removed. Then the kummatti kai is put in a mud pot with salts and milk and boiled churning now and then till the milk evaporates. When it is cooled the contents are transferred to another chatty, the mouth covered with a lid and the edges sealed with clay. The whole thing is buried in the ground for 40 days. Then it is removed and powdered well.

Dose : 10 to 15 grs. in the mornings only, with water.

Indications : Abdominal pains like gunmam, soolai etc.

123. Mailiragu Churnam

Thippili	.. ..	8 parts
Seerakam	.. .. ..	10 „
Mail eragu sambal	.. ..	18 „

The first two are finely powdered and added to the last and mixed well.

Dose : 15 to 20 grs. as often as necessary.

Indications : vikkal and vanthi. (Hiccough and other spasmodic conditions of abdomen and chest.)

124. Neer Peruki Churnam

Each 10 parts:

Nerunjil
Neermulli
Vellarivithu
Surai vithu
Sombu
Thripalai

Each 2 parts:

Poritha vediuppu podi
Poritha navachara podi

The drugs are powdered and mixed well.

Dose : 20 to 30 grs. with water.

Indications : maghodaram, neerkattu, sobai. It acts as diuretic and so can be given in all conditions where depletion of fluids from the body is desired.

125. Nilavagai Churnam

Each one part:

Nilavagai
Chukku
Milagu
Vaividangam
Omam
Sugar 5 parts

The drugs are slightly fried and powdered. Powdered sugar is added and mixed well.

Dose : 20 to 30 grs. with warm water.

Indications : vayu, pittham, porumal (flatulence), sethuma noi, vikkal, vanthi, swasakasam and malakkattu. It relieves constipation.

126. Pancha Deepagni Churnam

Chukku	1 part
Milagu	,,
Thippili	,,
Elam	,,
Seerakam	,,
Sugar	5 parts

The above drugs are fried slightly and powdered. Powdered sugar is added and mixed well.

Dose : 15 to 20 grs. twice or thrice with ghee or honey.

Indications : vayu, pittham, soolai, excessive heat and indigestion. Avoid sour and bitter things and tobacco. This can be used as anupanam when administering kantha chinduram.

127. Parangi Chakkai Churnam

Parangi chakkai is soaked in karun thulasi juice for some time. It is dried in shade and powdered well.

Dose : 15 to 30 grs. with sugar and milk.

Indications : megham, venkushtam and karunkushtam. This can be administered in many non-specific skin affections.

128. Pirandai Churnam

Pirandai is soaked in butter milk and kept in the sun till the butter milk is evaporated and pirandai becomes dry.

Pirandai .. .. 9 parts

Each one part :

Arathai	Kunkumappu
Omam	Lavangam
Chukku	Induppu
Milagu	Kottamalli vidai
Thippili	Kadugu

The drugs are powdered finely.

Dose : 20 to 30 grs. twice or thrice.

Indications : kapa janni, pitthavatham, vali and unmatham.

129. Paruthivithai Churnam

Each one palam:

Paruthi kottai	Nelpori	Elam
Vila	Thippili	

These are made into fine powder.

Dose: 15 to 30 grs. with sugar and honey.

Indications: Hiccough, vomiting.

130. Sivanar Amurtham

Each one palam:

Iruvi	Chukku
Rasam	Manosilai
Karu Nabi	Venkaram
Gandhakam	Thippili
Milagu ..	.. 8 palams

Each drug is separately powdered and mixed well and ground for seven days continuously in a kalvam.

Dose: ½ to 1 gr. with honey.

Indications: vathanoi, pitthanoi, kabanoi, swasam, kuttam, gunmam, janni, moolam, kshayam, maghodaram, valippu (convulsion), scorpion sting, aranai kadi and in bites of other reptiles and urticaria.

This is also used as an anjanam in janni and visham.

131. Sivathai Churnam

Each one palam:

Lavangam	Elakkai
Thripalai	Chirunagapoo
Thirkatu	Korai kizhangu
Sivathai ver ..	.. 4 palams.

Except the last drug, the rest are fried slightly and powdered separately. Sivathaiver is boiled in cow's milk, dried and powdered. The powders are mixed together.

Dose: 30 to 60 grs. with honey or sugar.

Indications: malakkattu, veppu, vayu.

This is given in constipation and flatulence.

132. Seenthil Churnam

(1) Seenthil Sarkarai	.. ..	10 parts
Karisalai churnam	.. ..	10 ,,
(2) Poonagam	.. .. ..	10 ,,

The powders are mixed together.

Dose : *15 to 30 grs. with suitable anupanam.*

Indications : With ghee in megham, eelai, kasam, kshayam andavayu, vatham; with honey in nasipun, peenasam and with sugar in puzhuvettu.

Note :—Tamarind and tobacco should be avoided.

(1) Mature and green seenthilkodi is crushed well in an iron mortar and put in water. After squeezing well the water is removed. This is repeated 21 times and then a soft white powder is got which is dried.

(2) The earthworm (naku poochi) is put in milk for purification. By this process all mud and bad matter is removed. It is then dried and powdered.

133. *Sundai Vatral Churnam*

One palam each :

Sundai vatral	Omam
Karu veppilai	Nellimulli
Mamparuppu	Madulam thol
	Venthayam

All the above drugs, when dry, are slightly fried and made into fine powder.

Dose : 15 to 20 grs. in buffalo's curd.

Indications : agnimandyam, bhedi, moolam and grahanee. (Indigestion, looseness of bowels, piles, acute and chronic diarrhoea).

134. Seeraka Churnam

Seerakam .. .. .. 5 palams

Seerakam is soaked in the following juices separately in the order given and dried in shade each time. In the end it is made into fine powder.

134. Seeraka Churnam—(*continued*)

5 palams:

Elimicham charu	Nellikai charu
Karumbu charu	Thoothuvelai charu
Musumusukai charu	Veppampattai charu
	Thumbai elai charu

Dose: 5 to 10 grs. with sugar.

Indications: pittha diseases, mayakkam, vanthi. (*Vomiting and loss of appetite.*)

135. Thalisadhi Churnam

Each one palam:

Thalisa pathiri	Thippili moolam
Lavangapattai	Lavangam
Elam	Jathipathiri
Chukku	Karkadaga sringi
Athimaduram	Jathikkai
Perungayam	Thandrikkai
Nelli mulli	Kadukkai
Jadhikoshtam	Jadamanjil
Thippili	*Milagu*
Sombu	Chirunagapoo
Sathakuppai	Shanbhagapoo
Omam	Vaividangam
Seerakam	Lavangapatiri
Kottamalli (Thania)	.. 6 palams
Sugar candy ..	.. *12 palams*

The drugs are slightly fried and powdered well. Then the sugar candy is made into fine powder and mixed well with the above.

Dose: 5 to 15 grs. with honey.

Indications: vaitruerichal, *soolai*, *asthi-jwaram*, dhagam, erumal, porumal and ajeernam. (Cough and loss of appetite.)

136. Thair Chundi Churnam

Induppu	1 palam
Valayaluppu	1 ,,
Pooneeru	1 ,,
Sotruppu	1 ,,
Kalluppu	1 ,,
Chukku	5 palams
Pulippu thair	60 ozs. (3 pts).

136. Thair Chundi Churnam—(*continued*)

The drugs are soaked in the curd and kept under sun till it is completely dried. Then the whole thing is made into fine powder.

Dose : 20 to 30 grs. with warm water.

Indications: grahani and athisaram. (Indigestion, loss of appetite etc.)

137. Araththai Churnam

Fine powder of araththai is made and used as vehicle (anupanam).

Dose : 5 to 10 grs.

138. Thippili Churnam

Fine powder of thippili is made and used as a vehicle.

Dose : 5 to 10 grs.

139. Thirikatu Churnam

Chukku	..	..	..	1 part
Thippili	..	..	..	1 ,,
Milagu	..	..	..	1 ,,

Fine powder of the drugs are separately made and mixed. Used as a vehicle.

Dose : 10 to 15 grs.

140. Thriphalai Churnam

Equal parts :

Kadukkai thole
Nelli mulli
Thanrikai thole
Made into fine powder.

Dose : 10 to 15 grs. with honey. It is also used for gargling, prepared as warm infusion.

141. Parangi Churnam

Parangi chakkai—Made into fine powder.

Dose : 5 to 15 grs. with milk or ghee.

Indications : scabies, itch and other skin diseases.

142. Masikai Churnam

Masikai—Made into fine powder.

Dose : 2 to 5 grs. Used as a vehicle for medicines in dysentery.

143. Akkarakara Churnam

Akkarakaram—Made into fine powder.

Dose : 2 to 5 grs. used as vehicle for the medicines in fevers associated with thirst.

144. Navachara Churnam

Navacharam—Fried well and made into fine powder.

Dose : 2 to 4 grs. used as vehicle.

145. Poongavi Churnam

Poongavi—Soaked in milk, dried and powdered.

Dose : 5 to 10 grs. with honey.

Indications : Stops bleeding from urethra, rectum, uterus etc.

146. Kombarakku Churnam

Kombarakku—Made into fine powder.

Dose : 5 to 10 grs. with honey.

Indications : Stops haemorrhage and used in above conditions mentioned under Poongavi churnam.

147. Jathikkai Churnam

Jathikkai is powdered finely.

Dose : 2 to 3 grs. with honey.

Used in dysentery as a vehicle.

148. Elavam Pisin Churnam

Elavam pisin is made into fine powder.

Dose : 5 to 10 grs.

Used in dysentery as vehicle.

SECTION V

LEGHYAM

Leghyam is a semi-solid preparation prepared with the medium of sugar or jaggery. The sugar or jaggery is dissolved in water or the decoction mentioned and boiled to a semi-solid consistency. When the syrup is taken and pressed in the finger fine threads should be formed, when put in water it should not mix and dissolve in water immediately. When the proper pakam is obtained, other ingredients which are finely powdered are added. Ghee and honey wherever mentioned should be added in the end. Honey is added after the leghyam has cooled down to some extent.

149. Gandhaka Rasayanam

Gandhakam	10 palams
Amukkarankizhangu	5 ,,
Kadukkai	1 palam
Thanrikkai	1 ,,
Nellikkai	1 ,,
Chukku	1 ,,
Elam	1 ,,
Serankottai	1 ,,
Chitramoolaver pattai	1 ,,
Thippili	1 ,,
Parangi chakkai	2 palams
Milagu	1 palam
Vai-vidangam	1 ,,
Chandanam	1 ,,
Lavangam	1 ,,
Kadalai	1 ,,
Ghee	q.s.

All the drugs are separately powdered and mixed well. Then ghee is added little by little and ground in a kalvam.

Dose : 5 to 10 grs. in sugar and ghee twice a day.

Diet : Tamarind-free diet.

Indications : megha-neer, vellai, sarma noi (skin diseases), venkushtam etc.

150. Imbural Leghyam

Imbural ver pattai	..	..	10 palams
Jathikkai ..	..	..	1 palam
Jathipathiri	..	..	1 ,,
Valmilagu ..	..	..	1 ,,
Palm sugar candy	..	..	20 palams
Cow's ghee	..	..	20 ,,
Cow's milk ..	..	..	q.s.

Imbural is ground with cow's milk and the paste is mixed again with sufficient quantity of cow's milk as to make the mixture thin enough to pass through a thin cloth. In the strained mixture sugar is added and boiled to the leghya pakam. Fine powder of the other drugs is added and mixed well. In the end ghee is added and mixed uniformly.

Dose : ½ to 1 tola.

Use : rakthapittam, cough and consumption.

This is used in all haemorrhagic conditions.

151. Injee Leghyam

Each one measure :

Injee rasam	Nerunji rasam
Kandankathri rasam	Mullangi rasam
Elumicham pazha rasam	

Cow's milk—2 measures.

Panaivellam (palm jaggery)—8 palams.

Each 1 palam :

Chukku	Elam
Milagu	Vaivilangam
Thippili	Lavangam
Seerakam	Thaleesapathri

Cow's ghee	..	..	½ measure.
Honey ..	..	..	¼ ,,

The juices and milk are mixed and panaivellam is dissolved and filtered. This is boiled till it attains the pakam. The drugs are finely powdered and mixed well. Ghee and honey are added respectively and uniformly mixed.

Dose : ½ to 1 tola twice a day.

Indications : vayu, pittam, soolai, valippu, arochakam, gunmam and porumal.

This is a good carminative and is used in dyspepsia, vomiting, loss of appetite etc.

152. Kakkuvan Leghyam

Adathodai juice	..	.. 3 ozs.
Karunthulasi juice	..	.. 2½ ,,
Kandankathri juice	..	.. 1¼ ,,

Each 1/20th of a palam:

Chukku	Lavangam
Thippili	Chittarathai
Kadukkai	Perarthai
Nellikkai	Athimathuram
Tanrikkai	Thalisapathiri
Lavangapattai	Jathikkai
Elam	Jathipathiri

Honey .. .. .. ½ oz.

The whole thing is mixed and boiled in low fire to form a syrup.

Dose : 5 to 10 drops—3 or 4 times a day.

Indications : Whooping cough and other coughs.

153. Karisalai Leghyam

1. Kayan charu	..	.. 2 lbs.
Nerunji charu	..	.. 2 ,,
Chirukeerai charu	..	.. 1 lb.
Poduthalai charu	..	.. 1 ,,
Keezhanelli charu	..	.. 1 ,,
Cherupadai charu	..	.. 1 ,,

Each 1 palam:

2. Naval pattai
Karungalli pattai
Athippattai
Thennampoo
Add four lbs. of water and boil.
Reduce to 1 lb.

Each 3 palams:

3. Milagu
Milagaranai ver
Avuri ver
Chitha mutti ver
Pera mutti ver
Vilamicham ver
Add water 4 lbs. and boil down to 1 lb.

153. Karisalai Leghyam—(*continued*)

4. Palm jaggery	.. ..	8 palams
Sugar-cane jaggery	.. ..	8 ,,
Cow's milk	.. ..	4 lbs.

Nos. 1 to 3 are mixed together and No. 4 added and filtered. This is kept on fire and boiled to attain leghya pakam. Then the powders of the following are added and mixed. In the end 1 lb. of ghee and 2 lbs. of honey are added.

Each 1 palam:

Seerakam	Siru nagappoo
Elam	Karkadaka singi
Lavangam	Koshtam
Jathikkai	Akkarakaram
Jathipathiri	Adhimadhuram
Omam	Thalisapathiri
Kurosani omum	Thirikatu
	Thiripalai

Dose : ¼ to ½ a tola—To be taken for 40 days twice a day.

Indications : vatha pandu, pitta vettai, utkaichal, mayakkam, sobai and grahani.

This is used in anaemia, wasting disease, loss of appetite etc.

After leghyam is prepared Thiriloga-chenduram palam 1 and Mandura-chenduram palam 1 are added and mixed well.

154. Karunai Leghyam

Each 2 palams:

Kattu karunai (dried)	Marul kizhangu
Chukku	Korai kizhangu
Karakkarunai (dried)	Kadukkai thol
Pulyaranai	Viral karunai
Pirandai (dried)	Mankottai paruppu
Kumari ver	Chitrmoola verpattai
	Sarakonrai puli

Excepting the last drug all the other drugs are finely powdered and kept. In 16 ozs. of water 24 palams of palm jaggery is added and kept on fire. When the jaggery has completely dissolved, it is filtered and kept again on fire and boiled to pakam. When the pakam has come, the powder and sarakonrai puli are added and mixed well.

Dose : ½ to 1 tola.

Indications : For all varieties of Moolam.

155. Kesari Leghyam

Two hundred good lime fruits are warmed in earthen pot to make the skin soft or may be put in boiling water for a few minutes. The fruits are cut and juice taken. To this twice the quantity of white sugar is added and boiled to pakam. The fine powder of the following drugs are added little by little and mixed well.

Milagu .. .. .. 6 palams
Seerakam .. .. .. 6 ,,

1½ tolas:

Koshtam	Thippili
Chukku	Jathikkai
Thaleesapathri	Jathipathiri

Ghee .. .. .. 8 palams

Dose : ¼ to ½ a tola.

Indications : vanthi, mayakkam, arochakam and agnimandyam. (All diseases due to vitiation of pitta, giddiness, vomiting, nausea, burning sensation of eyes and feet, distaste to food etc.)

156. Narathai Leghyam

Each 4 measures:

Narathai pazha charu	Amukkara ver charu
Injee charu	Charanai ver charu

Each 1 palam:

Chukku	Thippilimoolam
Milagu	Koshtam
Thippili	Chitharathai
Elarisi	Kothumalli
Adhimathuram	Thaleesapathiri
	Drakshai

Each ½ palam:

Adhividayam	Lavangam
Aswagandham	Nellikai
Akkrakaram	Kadukkai thol
Valmilagu	Thandrikkai thol
Chiru nagappoo	Kurosani omum
Jathikkai	Chandanam
Jathipathri	Karunjeerakam

156. Narathai Leghyam—(*continued*)

Nattu sarkarai ..	50 palams
Honey	80 ,,
Ghee	40 ,,
Sugar candy	15 ,,

The bazaar drugs are powdered and kept. Nattu sarkarai is added to the juice and boiled to pakam. Then the powder is added in small quantity by mixing it well. It is removed from fire and powdered sugar candy, ghee and honey are added and mixed properly.

Dose : ¼ to ½ tola twice a day for 40 days.

Indications : pittagunmam, thapajwaram, vanthi, aginimantham, arochakam, mayakkam, malakkattu, neerkattu etc.

In all varieties of pitta diseases, particularly of digestive organs as dyspepsia, anorexia, nausea etc.

157. Parangi Chakkai Rasayanam

Parangi chakkai	10 palams
Nilapanai kizhangu	5 ,,
Amukkaran kizhangu	10 ,,
Thanneervittan kizhangu ..	2 ,,

Each one palam :

Nannari verpattai	Kandankathiri ver
Sangam ver	Kodiveli ver pattai
Thiripalai	Vilamicham ver
Lavangapathiri	Thakkolam
Siru nagappu	Valmilagu
Vaividangam	Drakshai
Kotthumalli	Pereenthu
Seerakam	Vetpalaiarisi
Karunjeerakam	Thamarai kizhangu
Omum	Jathikkai
Kurosani omum	Lavangam
Chitharathai	Jathipathiri
Chandanathool	Karu-veppilai
Siru Thekku	Thirikattugu
	Lavangapattai

157. Parangi Chakkai Rasayanam—(*continued*)

Milk	4 measures
Sugar (Brown)	32 palams
Honey	1 viss
Ghee	½ ,,

Choornam of the above drugs are made after frying them slightly. Sugar is added to milk, boiled to consistency of syrup and then the above choornam are added little by little and stirred well. Then it is removed from the fire, ghee and honey added and stirred.

Each 16 grs. weight are finely powdered and added at the end.

Kungumappoo, gorojanam and pachaikarpooram.

Dose : ¼ to ½ tola twice a day.

Indications : marbu noi, parangippun, kandamalai and lingaputhu. This is used in various venereal diseases.

158. Sarabanga Vilvathi Leghyam

Each 5 palams:

Vilva ver	Kandankathiri ver
Mutkavelai ver	Vilamicha ver
Sangam ver	Seenthil ver
Sithamutti ver	Kodiveli ver
Sithamalli ver	Ponmusutai ver
Peramalli ver	Nannari ver
Kunthalpanai ver	Sirutheku ver
Charani ver	Mulli ver

Cow's milk .. .. .. 2 measures.

These are coarsely powdered and kashayam prepared by boiling in 32 lbs. of water and reducing to 8 lbs. Then cow's milk is added. 32 palams of palm jaggery is added and boiled to leghya pakam. Then fine powder of the following drugs are added and mixed well. In the end, ghee and honey are added.

Each 1 palam:

Chukku	Jathikkai
Milagu	Lavangam
Thippili	Elam
Kadukkai	Karunjeerakam

158. Sarabanga Vilvathi Leghyam—(*continued*)

Nellikkai	Seerakam
Thandrikkai	Koshtam
Omam	Thaleesapathiri
Perarattai	Chittarattai
Lavangapattai	Kottumalli
Thippili ver	Akkarakaram
	Valmilagu

Honey 3 lbs and ghee 1½ lbs.

Dose : ½ to 1 tola twice a day.

Indications: kshyam, pitta vettai, pandu, agnimandam and soolai. This is given in many skin diseases and wasting diseases.

Diet : Bitter and sour things have to be avoided.

159. Thethan Kottai Leghyam

Thethan kottai	5 palams
Chukku	½ palam
Milagu	½ ,,
Thippili	½ ,,
Kadukkai	½ ,,
Nellikkai	½ ,,
Sittarathai	½ ,,
Thandrikkai	½ ,,
Seerakam	½ ,,
Sugar	4 ,,
Cow's milk	1 measure
Cow's ghee	¼ ,,
Honey	1/8 ,,

The first nine drugs are made into fine powder. Sugar is added to the milk and boiled to leghya pakam. Then the powder is added little by little while mixing it well. In the end ghee and honey are added.

Dose : ¼ to ½ a tola.

Indications : moolam, pavithram and wasting diseases.

This may be given with 1 to 2 grs. of nagabarpam for 2 days in cases of bleeding piles.

160. Thippili Rasayanam

Thippili	10 palams
Milagu	5 ,,
Chukku	5 ,,

Each 1 palam:

Karunjeerakam	Thiripalai
Seerakam	Lavangam
Omam	Lavangapathiri
Kurosani omum	Thaleesapathiri
Chitharathai	Kodiveliverpattai
Perarathai	Elam
Lavangapattai	

Cheena kalkandu .. .. 35 palams

The above drugs are powdered after frying them slightly and powdered cheena kalkandu is added and mixed well. Sufficient quantity of honey is added to make it to the consistency of leghyam and mixed properly.

Dose : $\frac{1}{4}$ *to* $\frac{1}{2}$ *tola to be taken along with thambra chenduram* 1 gr. for each day.

Indications : kasam, manthara-kasam, kshyam and ilaippu. (chronic bronchitis, bronchial asthma etc.)

161. Venpoosini Leghyam

Venpoosini charu	12 lbs.
Thazhai vizhuthu charu	3 ,,
Thennampoo charu	3 ,,
Elimicham charu	3 ,,
Cow's milk	6 ,,
Sugar	10 palams

All the above are mixed and boiled to form a thick syrup and the following drugs slightly fried and powdered are added. This is done gradually stirring often, till the whole powder is exhausted. It is removed from the fire and ghee and honey are added and mixed.

one palam each:

Seerakam	Elarisi
Kothamalli	Jathikkai
Koshtam	Jathipathiri

161. Venpoosini Leghyam—(*continued*)

Black pepper	Adhimadhuram	
Masikkai	*Thaleesapathiri*	
Honey	..	$1\frac{1}{2}$ lbs.
Ghee	..	$1\frac{1}{2}$,,

Dose : $\frac{1}{2}$ to 1 tola twice a day.

Indications : kamalai, sophai, athi vettai, vellai and neerchurukku.

It is given as a tonic in wasting diseases and haemorrhagic diseases.

162. Vilvathi Leghyam

Vilva ver	24 lbs.
Water	192 ,,
Decoction (reduced)	48 ,,
Milk	48 ,,
Brown sugar	28 ,,

Sugar is dissolved in the decoction and filtered. Milk is added and boiled to a thick syrup. The following drugs powdered are gradually added and mixed. In the end ghee and honey are added.

Each 17 palams :

Lavangam	Chukku	
Lavangapattai	Thaleesapathiri	
Elakkai vithu	Thippili	
Siru nagappu	Milagu	
Honey	..	12 lbs.
Ghee	..	12 ,,

Dose : $\frac{1}{2}$ to 1 tola twice a day.

Indications : pitha gunmam, pitha isivu and pitha vanthi. (Loss of appetite, General Tonic etc.)

SECTION VI

Mezhugu, Kuzhambu etc.

Mezhugu are preparations when finished becomes waxy. These are prepared by adding wax, resins, butter or oil seeds.

163. *Agasthiar Kuzhambu*

Each 1 part:

1. Perungayam
2. Kadugu
3. Induppu
4. Rasam
5. Vengaram (fried)
6. Nabhi
7. Manosilai
8. Omum
9. Haritharam
10. Karunjeerakam

Ner-valam .. .. .. 10 parts.

Fine powders of first 10 drugs are made. Half of the purified valam is taken and ground in a kalvam to a paste. The remaining 5 parts of valam has to be fried in castor oil and ground to a paste. Then both the pastes are mixed together, powdered drugs are added little by little and ground in a kalvam to become a soft mass.

Dose : 1 to 2 grs. with suitable anupanam.

Indications :—

With chukku kalkam in fever.
With kadukkai decoction in cough.
With the decoction of chukku and milagu in kulir juram and soothaka vayu.
With cow's ghee and buffalo's milk in raktha moolam.
With pepper powder and onion in pandu, neerambal and sophai.
With honey and ginger juice in janni.
With kummattikai juice in gunmam.
With nochi leaves and chukku decoction in vayu and neerambal.
With sankankuppi juice in kalladaippu, granthi and parangippun.

Externally it is mixed with saliva or with water and used in the following diseases :—pilavai, thodaivazhai, araiappu, silanthi and sthana vipurudhi.

163. Agasthiar Kuzhambu—(*continued*)

It is also used for fumigation in kabalavali, poisonous bites etc.

Diet : Milk and rice.

Salt, tamarind and pungent things are to be avoided. Not to be used for more than 3 days at a time.

164. Amirtha Mezhugu

1. Veeram	.. .. ..	1/10 palam
2. Cow's butter	.. ..	1 lb.

Veeram is powdered in a kalvam and butter is added in small quantities and ground well for six hours. Then washed with water for seven times.

External use.

Indications : Ulcers, carbuncle, swellings, rectal *inflammation* and fungus infections.

165. Azharchi Vennai

1 palam each :

1. Jathikkai
2. Jathipathiri
3. Masikkai
4. Kadukkai
5. Thandrikkai
6. Nellivatral

Toddy .. .. .. 3 lbs.

The drugs are soaked in toddy for two days. When they have become soft, the drugs are ground to form a fine paste. External use.

Indications : Burning sensation in hands and feet.

166. Gandhaka Mezhugu

1. Purified gandhakam	.. ..	5 palams
2. Vellai venkaya charu	..	10 ,,
3. Inji charu	.. ..	10 ,,

Gandhakam is ground in the onion juice for five days and in ginger juice for five days. It becomes a soft paste and is preserved in wide-mouthed bottle.

Dose : 2 to 5 grs. twice a day.

Indications : vegumoothram, sori, sirangu, kushtam and moolam.. (In skin affections of vata and kapha type.)

Diet : Salt-free diet.

167. Gunmakudori

Each 1 palam:

Induppu	Chukku
Kalluppu	Milagu
Vediuppu	Thippili
Sotruppu	Omam
Pooneeru	Lavangam
Valayaluppu	Thippilimoolam
Vengaram	Koshtam
Navacharam	Perungayam

Uritha poondu	5 palams
Honey	5 ,,
Panai vellam	5 ,,

The drugs are made into fine powder. The poondu is put into a kalvam and ground to a paste. Then the powder is added little by little grinding all the while. In the end palm jaggery and honey are added and ground well.

Dose: 10 to 20 grs.

Indications: gunmam, pithavayu, ajeeranam and soothagavayuvali. (*In dyspepsia, flatulence and loss of taste.*)

168. Idi Vallathi

Serankottai	10 palams
Ellu	5 ,,
Kopparai thengai	5 ,,
Parangipattai	1 palam
Aswagandhi	1 ,,
Chitramoolaverpattai	1 ,,
Kasturi manjal	1 ,,
Karumseerakam	1 ,,
Valuzhuvai	1 ,,
Kurosani omam	1 ,,
Vetrilai kambu	1 ,,
Kadukkai	1 ,,
Thippili	1 ,,
Jathi koshtam	1 ,,
Rasakarpooram	½ ,,
Panai vellam	5 palams

Serankottai is purified by chopping off the ends and boiling them in cowdung and water for 3 hours. Then they are washed

168. Idi Vallathi—(*continued*)

with hot water. This process is repeated one by one in pulielai decoction, tender cocoanutwater, katrazhai juice and in milk.

Purified serankottai and other drugs are put in stone mortar and pounded well till the whole thing becomes soft paste.

Note : Should be used only after 3 months after preparation. Salt free diet—milk and rice only.

Dose : 2 to 10 grs. with palm jaggery, twice daily.

Indications : All varieties of vatham, vranam of all types, kushtam, megham, padai, silaipun, karumegam, soothagasoolai, araiappu, granthi, soolai, vellai etc.

This may be given in chronic ulcers, skin affections, glands etc. It is better to begin the treatment in cold season.

169. Jathi Jambeera Kuzhambu

1. Karpooram	¼ palam
2. Lingam	1 ,,
3. Lime juice	15 palams

Fine powder of lingam is mixed with lime juice. An earthen plate is put on slow fire and on it karpooram is placed and covered with a similar plate. When karpooram is completely burnt out the mixture is poured in small quantities in the plate and stirred till it turns into a pasty consistency.

Dose : 1 to 2 grs.

Indications : vanthi, vikkal, thagam, pandu, moorchai and in fever and diarrhoea of children.

N.B.—The concave surfaces of the plates are smeared with *thulasi juice before they are used for preparing the kuzhambu.*

170. Kausigar Kuzhambu

Each 1 part:

1. Kadukkai
2. Kadugu
3. Induppu
4. Perungayam
5. Vengaram (fried)
6. Rasam
7. Manosilai
8. Thippili
9. Haritharam
10. Seerakam
11. Kadugarogani
12. Nabhi

13. Nervalam	12 parts.
14. Burnt cocoanut shell ..	5 ,,
15. Jaggery	5 ,,

170. Kausigar Kuzhambu—(*continued*)

Fine powder of first 12 drugs is made. Slightly fried nervalam is put in a kalvam and ground till it attains a pasty consistency. To this, the powdered drugs are added little by little and ground well with veliparuthi juice for one day. Then the burnt cocoanut shell and jaggery are added and ground with cocoanut kernel juice till it becomes a soft mass.

Dose : 1 to 2 grs. with suitable anupanam.

Indications :

To be rubbed over the tongue followed by hot water in atcharam, vellai, dosham etc.

With warm water in all kinds of fever and janni.
With kadukkai decoction in eelai and erumal.
With chukku decoction in nadukkal jwaram.
With seeraka decoction in utjwaram.
With elam and milagu decoction in eight varieties of fever.
With paste made out of tender leaves of konrai, kadukkai powder and gingelly oil in eangal and uppisam.
With a paste made out of usil pattai and buttermilk in janni, erumal, vanthi and ulamanthai.
With uthamani juice in kudalvali, soolai, vippurudhi, uppisam, gunmam, pakkasoolai, kushtam, ushnavayu, soothagavayu, moola mulai, eraktha moolam, grahani, seezh moolam, silanthi, swasam, pilavai, puthu, lingaputru, mugavatham, pal-aranai, peenisam, kabalasoolai, vatham, veri noi, rat bite, insect bite, scorpion sting etc.

171. Kilinjal Mezhugu

The lime-shells by the side of canal are taken and burnt. Burnt lime is put in the juice of nellikai. The process is repeated till the lime becomes well baked. Then these are placed in a kalvam and ground well with small quantities of castor oil to a consistency of a paste.

Indications : Used externally for kal-vedippu. (fissure in the feet).

172. Kummatti Mezhugu

Each 3 lbs. :

Kummatti kai charu	Poondu charu
Elimicham charu	Nochi charu
	Inji charu

172. Kummatti Mezhugu—(*continued*)

Each $\frac{1}{8}$ palam:

Rasam	Kadugu
Lingam	Manjal
Perungayam	Venthyam
Induppu	Milagu
Vengaram	Kantham
	Nervalam

The first mentioned five juices are mixed together and boiled to attain semi-solid consistency. The other ingredients are finely powdered and added. It is mixed and is placed again on fire and boiled till it becomes soft.

Dose : 2 to 5 grs. with palm jaggery once only in the mornings for 3 or 5 days.

Indications : gunmam, mahotharam, kaleeral-manneeral malarchi, soothagavayu etc.

It acts as a drastic purgative and in case where fluid is to be depleted this can be given.

173. Kungilya Vennai

Purified kungilyam	..	..	1 palam
Vanni elai charu	..	..	8 ozs.
Cow's ghee	..	..	8 ,,

The three are put in a vessel and heated. The fluid evaporates and the kungilyam melts and mixes with the ghee. It is poured in an earthen pot containing cold water. It is allowed to cool. When churned butter-like substance comes out which is removed and preserved. This may be preserved in water changing the water daily.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ a tola twice a day.

Indications: pramegham, meghavranam, keel pidippu and kasam. Externally, this is used for scalds, burns and vranas.

174. Kunri Patru

Each 2 parts:

Rasam	Kanduparangi
Karuvangappodi	Kunrivithu
Moosambaram	Ali vithu
	Ettivithu

Perungayam ..	..	..	1 part

174. Kunri Patru—*(continued)*

Vangam is melted in an iron laddle and poured in a kalvam and mercury is added immediately and ground well. The other powders are added and ground well till it becomes a soft paste. Gingelly oil is added and mixed well.

External use.

Indications: swelling of the joints, araiappu and inflammatory swellings.

175. Maha Veera Mezhugu

Veeram	..	..	$\frac{1}{4}$ palam
Rasa karpooram	..	..	$\frac{1}{4}$,,
Lingam	..	..	$\frac{1}{4}$,,

The above are powdered and put in an iron vessel and placed on fire. Then the following oils are gradually added and boiled. Equal parts, i.e. 10 palams each oil, extracted by kuzhi thailam process.

1. Sivanarvembu
2. Chitramoolam
3. Serankottai
4. Parangipattai

Then add 8 ozs. of honey and boil till the whole mass is converted to the consistency of wax.

The powder of the following drugs are added and mixed. Each 1/10 of a palam.

Jathikkai
Karbogarisi
Thirikadu
Koshtam
Chitharathai
Devadaru
Akkarakaram
Sanninayagam
Omum
Chitramoola verpattai

Dose: 1 to 2 grs. with palm jaggery.

Indications: marbu noi, valippu, muga vatham, janni, udharu vatham, soothagasoolai, kasam, kushtam, araiappu, koruk-kuppun and vatha noi.

Diet: Salt-free diet.

176. Malakudara Mezhugu

1. Soorathu nilavarai	..	..	3 palams
2. Gulkandhu	..	..	4 ,,
3. Kottai drakshai	..	..	$2\frac{1}{2}$,,
4. Badam paruppu	..	..	$1\frac{1}{4}$,,
5. Adimadhuram	..	..	$\frac{1}{2}$,,
6. Kadukkai pinchu	..	..	$1\frac{1}{4}$,,

176. Malakudara Mezhugu—(*continued*)

Nos. 1, 5 and 6 are made into fine powder. Nos. 2, 3 and 4 are put in a kalvam and ground well. Then the powders are mixed and ground again uniformly.

Dose : ½ to 1 tola with warm water or milk at bed time.

Indications : constipation, flatulence, loss of appetite etc.

177. Mega Rana Kalimbu

Each ½ palam :

Lingam	Veeram
Rasam	Palthutham
Pooram	Mayil thutham

Mirdarasingum	1 palam
Neeradimuthu	2 palams
Karpogarisi	2 ,,
Kasakasa	2 ,,
Cocoanut oil	1 lb.
Bees wax	5 palams

Cocoanut oil and bees wax are put together in a vessel and heated till the wax melts. It is filtered and allowed to cool. The rest of the drugs are powdered well and mixed uniformly. Used externally.

Indications : mega vranam. In all varieties of foul ulcers.

178. Milagu Mezhugu

Milagu	10 palams (finely powdered)
Ghee	5 ,,

Mixed in a kalvam and made into a fine paste.

For external use only.

Indications : Applied externally for ringworm, and other skin diseases of kaba origin.

179. Naiuruviuppathi Mezhugu

Each 1 palam :

Naiuruviuppu	Navacharam
Vazhai uppu	Pooneeru
Thazhai uppu	Induppu
Thennai uppu	Valaialuppu
Annabedhi	Vennabi
Sathicharam	Sangu barpam

179. Naiuruviuppathi Mezhugu—(*continued*)

Veeram	Gandhakam
Rasakarpooram	Thirikadu

Sarayam (arrack) .. .. 1 ollock

The drugs are ground in a kalvam with sarayam for twelve hours. The paste is mixed with the following and boiled to a consistency of wax.

Erukkan pal	12 ozs.	Ghee	12 ozs.
Kallippal	12 ,,	Honey	12 ,,

N.B.—This medicine has got to be taken along with thambira chenduram.

Dose : Naiuruviuppathi mezhugu 3 grs. } twice a day.
Thambira chenduram 1 gr. }

No. of days to be administered : 20.

Indications : gunmam and vatha diseases. This is given in various nervous diseases and abdominal pains of chronic nature as gastritis, peptic ulcers etc.

180. Nandhi Mezhugu

Serankottai .. .. .. 40 seeds

Serankottai is purified by chopping off the ends and boiling them for three hours in the solution of cowdung. It is washed with clean water and dried. They are cut into small bits.

Ettivittu—½ palam boiled in naval pattai juice for ½ an hour and the external cover is removed.

Both ettivittu and serankottai in ¼ measure of ghee is boiled. The seeds are removed and ghee kept separately. Both the drugs are powdered finely.

Pon Nimilai .. .. 1/5 palam.

Kariuppu 1/5 palam } Ground well with erukkan
Vediuppu 1/5 palam } pal and made into a paste.

This paste is applied to pon-nimilai as kavacham and dried. The kalkam of murungappattai with errukam pal is made and the villai is placed in it and put in umi putam.

Kalnar 1/5 palam is soaked in cow's milk for 3 days. It is heated and dipped in cow's milk. Kalkkam of kupaimani leaves are made and kalnar is placed in it and dried. It is put into putam and barpam is got.

Each 1/5 palam :

Kalmatham	Kal nandu

180. Nandhi Mezhugu—(*continued*)

Both of them is ground in a kalvam with kopparai thengayppal (juice extracted from ripe cocoanut kernel). It is dried and made into powder.

Pachaikarpooram Kungumappoo Gorochanam	each 1/5 palam ground with breast-milk and dried to form a powder.
Padigaram	.. 4 palams
Kadai rasachenduram ..	.. ½ *palam*

Each 1/8 palam:

Thirikatu	Lavangam
Elam	Chevyam
Siruthekku	Kattumilagu
Thalisapathiri	Chitramoola verpattai
Kurosaniomam	Thipplikattai
Vaividangam	Kasa kasa
Adividayam	Sombu
Jathikkai	Nervalam
Jathipathiri	Chitarathai
Seerakam	Jadamanjil
Karunjeerakam	Akarakaram
	Amukkarankizhangu

They are powdered separately.

Each 1/10 palam:

Mayil thutham	Thalagam
Pal thutham	Kudiraippal pashanam
Rasakarpooram	Vellaippashanam
Lingam	Gouri pashanam
Manosilai	Prepared rasa chenduram
Gandhakam	Nabi

These drugs are ground with neeli juice (indigo plant juice) for 6 hours and is made into a villai. This villai is placed in neeli kalkam covered with cowdung, dried and put in umi putam.

All the powders are mixed well and put in a sauce pan and above-mentioned ghee is put and boiled in slow fire and four palams of jaggery and 8 ozs. of honey is added and kept on fire stirring well till it becomes kuzhambu pakkuvam.

Dose : 2 to 5 grs. in palm jaggery.

No. of days to be taken: 12-25-37-45 days according to the condition.

180. Nandhi Mezhugu—(*continued*)

Indications : vandukkadi, soolai, gunmam, karappan, putru, araiappu, Vipuruthi, kantamalai, kabala kushtam, granthi, *moothira kricharam, megam 20 varieties, elikadi* (rat-bite) moolam, pauvuthiram, pilavai, kanapputru, silaipun etc.

This is given in most of the chronic diseases like enlarged glands, chronic-rheumatism, hemiplegia, skin diseases and bites of *reptiles and insects.*

181. Nava-uppu Mezhugu

Each 1/4 palam :

1. Sotruppu
2. Induppu
3. Vediuppu
4. Kalluppu
5. Navacharam
6. Moongiluppu
7. Pooneeru
8. Valayaluppu
9. Paraiuppu

10. Veeram ..	.. .. 1 palam
11. Rasakarpooram	.. .. ½ ,,
12. Milagu ..	.. .. 3/10 palam
13. Chukku ..	.. .. ,, ,,
14. Thippili ..	.. .. ,, ,,
15. Nervalam ..	.. .. ¼ ,,

Drugs 1 to 9 are powdered well and 2 lbs. of atru thummattikai juice and 2 lbs. cow's milk are added and boiled. It is filtered and again boiled stirring it with the root of thuthi. When it becomes thick it is put in a kalvam and the fine powders of other medicines (Nos. 10-15) are added and ground well with thripalai kashayam for three hours.

Dose : 1 to 2 grs. in palm jaggery once in the morning only.

Indications : vatagunam, neerkovai, utharavayu, andavatham, valivatham, mudakku vatham, soothaga vayu, parisavayu and magotharam. It is given in abdominal pains and nervous diseases.

Diet : Salt free diet—Rice and warm water.

182. Navarasaththuvial

Each 1/4 palam :

Surat kaddukkai
Kadukkai pinju
Modi
Inthuppu

182. Navarasaththuvial—(*continued*)

Thirikadugu	Seerakam
Omam	Vallyalluppu
Kurosani omam	*Sotruppu*
Nellimulli	Thiratchai uppu

The drugs are powdered and ground with the following juices one after another to the consistency of paste.

Each 2 ozs. :

Puli mathalam charu (sour pomegranate)
Inippu mathalam charu (sweet pomegranate)
Puthina charu
Naraththai charu
Inji charu
Elimicham charu
Kozhunji charu

Dose : 5 to 10 grs. now and then.

Indications : vanthi, ajeeranam, arochakam, mayakkam etc. (nausea, vomiting, anorexia, dyspepsia and vertigo.)

183. Neelanjana Mai

Anjanakkal	1 palam
Cheena karkandu	1 „
Peetharohani	1/8 „
Kunkumapoo	40 grs.
Padikaram	40 „
Pachaikarpooram	40 „

The drugs are placed in a kalvam and ground with the following juices one after another.

Each 1 oz. :

1. Vilva elai charu
2. Musumusukai charu
3. Vellaichataranai charu
4. Panai mattai charu
5. Karisalai charu
6. Nandiyavartham poo charu

This is allowed to dry and is powdered. Then the powder *is again mixed with honey, to form a thick paste.*

Anjanam to the eye.

Indications : In all stages of cataract and leucoma.

184. Pachai Aeruvai

Vellaipashanam	.. ..	4 parts
Thalagam ..	... ..	4 ,,
Mayilthutham	.. ..	16 ,,
Kal chunnambu	.. ..	8 ,,

They are powdered separately and mixed together. It is put in a kalvam and ground for 12 hours with enough of gingelly oil to the consistency of a paste. Then it is ground with cold water for an hour and the water is removed. Then again fresh water is added, ground and the water removed. The process is repeated nine times to make the paste less irritating.
External use.

Indications : Syphilitic ulcers, chronic ulcers and over-growths.

185. Padikara Neer

Padikaram	..	1 tola
Water	..	6 lbs

Made into a solution for gargle and washes.

Indications : In stomatitis and ulcers.

186. Padaisankaran

Azhinjil verpattai }
Marukkaraiverpattai } Each ¼ palam.
Marukkarai vithu }

The above are ground with lime juice and made into a paste.
External use.

Indications : Eczema, fungus etc.

187. Padaisankaran

Erukkan verpattai }
Kambupattai }
Thagarai vithai }

Ground with milk and made into a paste.
External use.

Indications : Eczema and chronic skin diseases.

188. Padai Vennai

Amirtha vennai	.. ..	1 part.
Chirattai thailam	.. ..	1 ,,

Mixed well.
External use.

Indications : Chronic skin affections.

189. Milakai Adiththattu Pattru

Milakai adiththattu Karpooram Chukku Perungayam Venkadugu Kunrimani	Each 1/10 of a palam.
Abini	8 grs.

The above is ground with the juice of velai ver.
External use.

Indications : Pleurisy and other inflammatory conditions.

190. Pancha Sootha Mezhugu

Lingam Rasa karpooram Veeram Rasa chenduram Rasam	Each ¼ palam.
Cheppu nerunji juice Murungaipoo juice Breast milk	Quantity sufficient.

The drugs are made into fine powder and put in an iron laddle. This is put in charcoal fire and the fluid is dropped in small quantities for 3 hours. Then it is put in a kalvam and ground well for three hours till it becomes a soft paste.

Dose : 1 to 2 grains twice a day with palm jaggery.

Indications : For janni, dhosham, isivu and jwaram with breast milk; for 8 varieties of gunmam—chitramoola verpattai decoction. For vayu, pakkavatham, marbu noi and kundala vayu with pepper powder. For 5 varieties of vali, nasikapeedam—Vellaipoondu thailam.

191. Pazha Krambu—Pakkuva Vennai

Lime fruit	..	..	.. 1
Lavangam	..	..	.. 108
Vennai (butter)		..	.. 4 ozs.

A twine is passed through a lime fruit with a needle. About 100 holes are made in the lime and in each a clove is inserted. Butter is spread evenly over the fruit. The lime is suspended in a pot containing water, the water covering the lime fruit. The water is changed daily and kept for forty days. The butter alone is removed and rubbed on a copper plate for 1-2 hours and preserved in a copper container.

To be used as an anjanam for eye disease.

Indications : pillam, sukkaram, kacham, emaidhosham etc.

192. Rasagandhi Mezhugu

Each 1/10th of a palam :

Rasam
Gandhakam
Rasakarpooram
Thalagam
Kantham
Mayil thutham
Thutham
Mirutharsinghi
Chukku
Omam
Manjal
Thippili
Chitarathai
Jathi koshtam
Valuluvai
Sombu
Elam
Jathikkai
Milagu
Seerakam
Karbogarisi
Masikkai
Thippili kattai
Vaividangam
Vasambu
Lavangam
Parangipattai
Serankottai
Kadukkai thol
Karunjeerakam
Kattu seerakam
Kandu barangi
Thalisa pathiri
Drakshai
Pirappankizhangu
Ettikottai
Neermulli
Ellu
Kollu
Koparai thengai
Chinniver
Sangamver
Amukkarankizhangu
Akasa karudan kizhangu
Chitramoolaverpattai

Panai vellam	..	..	.. $4\frac{1}{2}$ palams
Eggs (hen)	..	..	.. 12 eggs

192. Rasagandhi Mezhugu—*(continued)*

The drugs are made into fine powder. This is put in a stone mortar and ground well with palm jaggery and contents of the eggs.

The medicine has to be kept in a jar for 40 days before it is used.

Dose : 10 to 15 grs. with panai vellam twice a day after taking curd and rice.

Indications : vatharogam, megam, sori, kushtam (chronic skin diseases), vranam, silaipun, pavuthiram, moolam, puzhuvettu, granthi, putru etc.

193. Rasa Mezhugu

Rasam	..	..	1 part
Parangipattai choornam	..	..	1 ,,
Thippili choornam	..	..	2 parts
Lavanga choornam	..	..	2 ,,
Vellam (jaggery)	..	..	6 ,,

Rasam is placed in a kalvam and the fine powder of the other drugs are added *little by little while grinding.* Then the jaggery is added and ground for 24 hours.

The medicine has to be preserved in a bottle for 40 days before it is used.

Dose : 1 to 2 grs. twice in palm jaggery for 7 days.

Diet : Milk and rice (avoid salt), marupathyam for 7 days with burnt *tamarind and fried salt.* 15th day bath with omam. Then give the patient chicken broth if accustomed.

Indications: megavellai, megathadippu, megappun, araiappu, granthi, megasoolai, keelvayu, rakthavellai etc. (chronic rheumatic arthritis, syphilitic ulcers, glandular swellings etc.)

194. Sivanar Amirtham

Each one part :

Eruvi	Chukku
Rasam	Manosilai
Nabi	Venkaram
Gandakam	Thippili

Milagu .. .. .. 8 parts.

194. Sivanar Amritham—(*continued*)

In a kalvam gajjali is made first and fine powders of other drugs are added in small quantities and ground for seven days till the whole powder becomes black.

Dose : 2 to 4 grs.

Indications : With suitable anupanams, it is used in 80 varieties of vatham, 40 varieties of pitham, 5 varieties of swasam, kushtam, gunmam, janni, moolam, kshyam, mahodaram etc.

It is used as *nasiyam* in Aranai bite, scorpion sting etc.

Note.—Some add Iruvi in this preparation and some delete the same. If Iruvi is added strict diet without salt and tamarind must be observed.

195. Thalaivali Pasai

Oma uppu	1 palam
Puthina uppu	1 ,,
Lavangathailam	1 ,,
Karpooram	2 palams
Bee's wax	5 ,,
Cocoanut oil	10 ,,

The bee's wax is cut into small pieces put in the cocoanut oil and boiled till the wax melts. It is filtered and cooled. The powders are mixed uniformly.

External use only.

Indications : Headache and pain in other parts of the body.

196. Vana Mezhugu

P.	I.	Mirudar Singhi	1 part
		Kantam	1 ,,
AP	II.	Vellaipashanam	1 ,,
		Gouripashanam ..	1 ,,
T	III.	Thalagam	1 ,,
		Rasakarpooram ..	1 ,,
		Veeram	1 ,,
V	IV.	Lingam	1 ,,
		Rasa chenduram ..	1 ,,

196. Vana Mezhugu—(*continued*)

AK V.	Karpooram	..	..	1 part
	Sambirani	..	..	1 ,,
	Abhini	..	..	1 ,,
	Gandhakam	..	..	1 ,,
	Rasam	..	..	1 ,,

Method of preparation :

1. Fine powder is made of each of the drug separately and mixed together according to the group under which they come.

2. The 1st group of drugs is put in a kalvam and ground with Anda thailam till the whole thing becomes soft. The other group of drugs are added one by one and ground according to Bhuta group. A few grs of musk and gold leaves are added. This is preserved in porcelain or buffalo horn receptacle.

Dose : 1 to 2 grs. in palm jaggery or other suitable vehicle.

Indications : kabavatha janni, kasam, kushtam, gunmam, soothagasoolai, mahodaram, kandamalai, soolai, pakka vatham, neerizhivu etc.

This is particularly useful in nervous diseases, hemiplegia, neuritis etc.

197. Vanga Vennai

Vanga chenduram (Red lead)	} Each		5 palams
Mirdara singhi ..	}		
Thurusu ..	..	..	$2\frac{1}{2}$,,
Butter ..	..	..	1 viss

Fine powder is made and mixed with butter and ground well.

External application.

Indications : Ulcers and eczema.

198. Vengara Podi

Vengaram	..	..	1 palam

It is fried till the water is removed and finely powdered.

Used externally as dusting powder.

Indications : sori, sirangu etc.

199. Vellai Mezhugu

Vellai Pashanam	.. ..	1 palam
Bee's wax	.. .. ..	10 palams

Melt the bee's wax and add the powdered arsenic stirring it well all the while.

Used externally as a plaster.

Indications : melt, smear it over a lint piece and apply over araippu, kandamalai, pilavai etc.

200. Visha Kuzhambu

Each ½ palam :

1. Nabhi
2. Vengaram (fried)
3. Induppu
4. Nirvisham
5. Karunjeerakam
6. Gandhakam
7. Rasam
8. Manosilai
9. Navacharam
10. Valam
11. Palm jaggery .. } Quantity sufficient.
12. Burnt cocoanut shell .. }

Fine powder of first 9 drugs are made. Valam is ground in kalvam to a paste and the powder is added little by little and ground with uthamani juice for 9 hours. Then burnt cocoanut shell and palm jaggery are added and ground with cocoanut kernel juice, till it becomes a soft mass.

Dose : 1 to 2 grs. with water.

Indications : For all kinds of poisons.

It produces vomiting and purging thereby eliminates the poison from the system. This is useful in non-irritant poisons.

SECTION VII

Manappagu

Manappagu are preparations made of certain fluids and sugar or jaggery. The kashayam and sugar are *mixed together* and warmed to dissolve the sugar. It is filtered and put again in the vessel and boiled on low fire till the syrup thickens and flow like oil.

201. Adathodai Manappagu

Adathodai elai	..	..	20 palams
Water	..	..	12 lbs.
Decoction (reduced to)		..	3 ,,
Sugar	..	..	40 palams

The leaves are pounded and boiled with water and reduced to 3 *lbs*. Sugar is *added and boiled to thin syrup.*

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water 2 to 3 times.

Indications : kabathikkam, vathadhosham, irumal, jwaram etc. (*acute bronchitis, chronic bronchitis and chronic fevers.*)

202. Athimanappagu

Seemai athippazham	..	..	1 viss.
Arasam pazham	..	..	$\frac{1}{2}$,,
Mookirattai ver	..	..	10 palams
Sombu (perunjeerakam)		..	10 ,,
Kadukarohini	..	..	10 ,,
Water	..	..	24 lbs.
Decoction (reduced to)	..	..	6 ,,

The drugs are coarsely powdered, water added and boiled down to 6 lbs. Sugar 6 lbs. is added, dissolved and filtered. Then it is boiled to syrup consistency.

Dose : 1 to 2 teaspoonful with water at bed time or early in the morning.

Indications : malabandam (habitual constipation).

203. Inji Manappagu

Inji charu	..	..	1 *lb.*
Brown sugar	..	..	1 ,,

Boiled to form a thin syrup.

Dose : $\frac{1}{2}$ to 1 teaspoonful.

Indications : pitham, indigestion, loss of appetite and flatulence.

204. Maru Thonri Manappagu

Maru thonri poo	..	..	2 lbs.
Maru thonri kai	..	..	1 ,,
Water ..	..	..	12 ,,
Decoction (reduced to)	..	..	3 ,,
Sugar ..	..	..	3 ,,

Boiled to a consistency of thin syrup.

Dose : 1 to 2 teaspoonful.

Indications : megavettai, venkushtam etc., lecoderma and skin diseases.

205. Mathulai Manappagu

Each 3 lbs. :

1. Sugar candy
2. Rosewater
3. Madulai pazha charu
4. Honey

Mixed together and boiled to a thin syrup.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. 2 to 3 times.

Indications : pandu, aruchi etc. Burning in the soles and palms.

206. Nannari Manappagu

Nannari ver pattai	..	..	$12\frac{1}{2}$ palams
Hot water ..	..	..	4 lbs.
Sugar ..	..	..	$12\frac{1}{2}$ palams

The drug is coarsely powdered and soaked in hot water for about six hours. Then it is boiled and reduced to 2 lbs. and filtered. To this decoction $12\frac{1}{2}$ palams of sugar is added and a thin syrup is made.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water 2 to 3 times.

Indications : neer-churukku, neer-kattu, neer-kaduppu, neer-kanthal, kan-erivu, navaratchi, megakangai, pramegam etc.

207. Vilvapazha Manappagu

Vilvappazha thasai	..	..	1 lb.
Water ..	..	..	24 lbs.
Decoction (reduced to)	..	..	6 ,,
Naval pattai	..	..	5 palams
Aththippattai	..	..	,,
Kudasappalai pattai	..	..	,,
Sugar ..	..	..	2 lbs.

207. Vilvapazha Manappagu—(*continued*)

First vilvapazha thasai is boiled with water and reduced to 6 lbs. To this decoction, coarsely powdered other three drugs are added and boiled again to 2 lbs. This is filtered and 2 lbs. of sugar is added and prepared to a thin syrup.

Dose : ½ to 1 teaspoonful 2 to 3 times.

Indications : perumpadu, raktamoolam, sithabhedi, bhedi etc., dysentery, diarrhoea, bleeding piles and mennorrhogia.

208. Thurinji Manappagu

Thurinji nartham pazha charu	..	1 part
Sugar	..	2 parts

Boiled to a thin syrup.

Dose : 1 to 2 teaspoonful in water two to three times.

Indications : pitham, vomiting, indigestion due to pitham etc. It stimulates the liver and increases the appetite.

SECTION VIII

Nei (Ghritham)

Nei is a preparation in which juices, decoctions and milk are added to ghee and boiled. In certain cases kalkam also is added. The whole thing is mixed together and boiled. It should be seen that the kalkam does not stick to the bottom of the vessel. Bronze vessel is preferable or brass vessel which is properly tinned is to be used. The pakam is known while the foam appears on the surface and when the kalkam is rolled on the finger. For preparations of ghee mrudu pakam is required.

209. Adathodai Nei

Each 1 tola:

1. Adathodai ver
2. Keezhanelli ver
3. Katumalligai ver
4. Velai ver
5. Sadakuppai
6. Uthamani ver
7. Kuppameni ver
8. *Vazhuthalai ver*
9. Nathaichoori ver
10. Marutkizhangu
11. Kouaimoolam
12. Vasambu
13. Vellaipoondu
14. Kasturi manjal
15. Nallapambu mamsam.
16. Ghee .. .. .. 3 lbs.
17. Gingelly oil .. .. 3 ,,
18. Castor oil .. .. 3 ,,
19. Karunkungiliyam .. .. 1 tola
20. Lime juice—quantity sufficient.

Kalkam of the first 15 drugs is prepared and mixed with ghee and the oils. This is boiled to proper pakam. Just before filtering karunkungiliyam is ground with the lime juice and added to the ghee and filtered.

Dose : ½ to 1 teaspoonful internally.

Indications : jwaram, kasam and kshayam.

This can also be used externally when there is chronic fever, burning sensation and emaciation associated with dryness.

210. Puliyarai Nei

Puliyarai juice	.. ..	3 lbs.
Vanni Elai juice	.. ..	3 ,,
Ponnangani juice	.. ..	6 ,,
Tender cocoanut water (Sevvilaneer)	..	6 ,,
Cow's milk	.. .. ..	4 ,,
Cow's ghee	.. .. ..	4 ,,

Each ½ palam :

Seerakam
Masikai
Adhimaduram

Each ¼ palam :

Jathipathiri
Elam
Karkandu .. .. 1 palam.

They are mixed in the usual way, boiled and filtered. The last 3 drugs are powdered and mixed after filtering.

Dose : 1 to 2 teaspoonful twice a day.

Indications : White discharge in women, dyspepsia, urethritis and night emissions.

211. Prami Nei

Prami vazhukai charu	..	12 lbs.
Cow's ghee	..	6 ,,
Pachai vasambu charu	..	3 ,,
Pachai chittarathai charu	..	3 ,,
Cow's milk	..	12 ,,

2/5 palams :

Sivathai ver
Thippili
Vila vithai
Seena karkandu
Chukku
Nelli vatral
Induppu
Kasturi manjal

Mixed and boiled in the usual way and filtered.

Dose : ¼ to ½ oz. once a day.

Indications : valippu (epilepsy), pithathikkam, soothakajanni, improves memory power. This can also be given in demented conditions.

212. Seenthil Nei

Each 10 palams :

1. Seenthil kodi
2. Veppam pattai
3. Peyppudal
4. Ghee .. .. .. 3 lbs.

Each ¼ palam :

5. Peypudal
6. Vilamicham ver
7. Manchal
8. Maramanchal
9. Agil kattai
10. Chanthanakkattai
11. Kichilikkizhangu
12. Devadari kattai
13. Koshtam
14. Chenchandanakattai
15. Elam

The first 3 drugs are coarsely pounded and put in a vessel containing 48 lbs. of water and boiled down to 6 lbs. Ghee is added to the decoction and the kalka drugs from No. 5 to 15 are made into paste and added. It is boiled in slow fire for 3 days and filtered when the pakam comes.

Dose : ¼ to ½ oz. twice a day.

Indications : sori, sirangu, pun and karunkuttam.
In skin diseases it is useful.

213. Senkottai Nei

Senkottai	..	..	.. 5 palams.
Cow's milk	..	..	.. 3 lbs.
Cow's ghee	..	..	.. 1½ ,,

Purified senkottai is cut into pieces and the internal seed is removed. Senkottai is boiled in ⅓rd part of milk and again the seeds are boiled in other two parts separately. Then the ghee and milk are mixed and boiled till it attains pakam. It is filtered and kept.

Dose : 10 to 15 drops twice a day.

Indications : Skin diseases, kasam, swasam and kshyam..

Diet : Tamarind free diet.

214. Thanneervittan Nei

Each 6 lbs. :

1. Thanneervittan kizhangu charu
2. Vellarikai charu

214. Thanneervittan Nei—(*continued*)

Each 6 lbs.:

3. Nellikai charu
4. Venpoosinikkai charu
5. Elaneer
6. Cow's milk
7. Karumbu charu
8. Cow's ghee .. .. 12 lbs.

Each 2 tolas:

9. Chukku
10. Milagu
11. Thippili
12. Kadukkai
13. Nellikai
14. Thandrikkai
15. Kottamalli vithai
16. Elam
17. Lavangam
18. Athimathuram
19. Koshtam
20. Vangalappachai
21. *Seerakam*
22. Karunjeerakam
23. Chenkazhuneer kizhangu
24. Drakshai
25. Kotti kizhangu
26. Pereenthu
27. Sugar candy
28. Induppu
29. Omam
30. Korai arisi
31. Medhai
32. Maha medhai

The first 8 articles are poured in a vessel and the kalka drugs from No. 9 to No. 32 are ground with cow's milk and mixed with them and boiled to attain myna pakam and filtered.

Dose : 2 teaspoonful twice a day.

Indications : Nervous debility, vathapitham, neerkaduppu, moothira kricharam, elumburukki, sathai adaippu, vettai, pramegam, kanthal etc.

Diet : Tamarind and tobacco are to be avoided.

215. Thuthulai Nei

Each 4 palams:

Thoothulai ver
Mulli ver
Kandangathri ver
Adathodai ver
Milagu
Thippili
Kadukkai thol
Sirukanjoori ver

Water	48 lbs.
Cow's ghee	6 „
Cow's milk	6 „

Each 3 tolas:

Thrikatugu
Thripalai
Omam
Valmilagu

215. Thuthulai Nei—(*continued*)

Each 3 tolas:

Thaleesapathiri	Arathai (Peru)
Koshtam	Arathai (Siru)
Akkarakaram	Elam
Vaivilangam	Lavangam
Seerakam	Jathikkai
Jathipathiri	

The first 8 drugs are powdered coarsely and put in water and boiled down to 3 lbs. Ghee is added to this decoction. The other drugs are ground well with cow's milk and added. The whole is boiled to proper pakam and filtered.

Dose : 1 to 2 teaspoonful once a day.

Indications : kshyam, elai, kasam, megham, iraippu and vayu. This is used in chronic cough, asthma and other respiratory diseases.

216. Vallarai Nei

Vallarai elai	6 lbs.
Water	24 ,,

Each 1/10 palam:

Chukku	Seerakam
Elam	Thanrikkai
Mankombu barpam	Thakolam
Jathikkai	Santhanam
Thaleesapathiri	Vengaram
Jathipathiri	Vilvakattai
Koshtam	Akrakaram
Vilamichai ver	Kothumalli vithai
Vettiver	Kadugarohani

Cow's milk	3 lbs.
Cow's ghee	3 ,,

Vallarai leaves *are put in water*, boiled and reduced to 3 lbs. This is filtered.

The drugs excepting the Mankombu barpam are ground with milk and mixed with the decoction, milk and ghee. This is boiled and filtered. *Mankombu parpam* is added and stirred well.

216. Vallarai Nei—(*continued*)

Dose : 1 to 2 teaspoonful twice a day with warm water.

Indications : mantham, kasam, megam, elai, iraippu, moolakanam, atcharam, vanthi, irumal and vikkal. Particularly in children, it is good to be given when the above conditions has become chronic.

217. Ven Poosini Nei

The juice of venpoosinikkai	..	6 lbs.
Thazhai vishuthu juice ..	...	3 ,,
Thennampoo juice ..	..	3 ,,
Kattazhai juice ..	..	3 ,,
Sevvilaneer	..	3 ,,
Cow's ghee	..	6 ,,

Each 3 tolas :

Jathikkai	Elam
Jathipathiri	Valmilagu
Masikkai	Kattathippoo
Thriphalai	Karkatakasingi
Seerakam	Kurosaniomum
Kothamallivirai	

Cow's milk ..	..	2 measures.
Karkandu ..	..	2 palams.

Fluids are mixed, ghee and kalkam are added and boiled to pakam. It is filtered and powdered karkandu is added.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. twice a day.

Indications : Ushna erivu, kanthal, neerkattu, kurierivu, asthivranam, asthi vettai, girani, elumburukki, kamalai, pitham etc. This can be given in debilitating diseases to recoup the health.

This Nei as anupanam to Abrakaparpam relieves meganeer.

SECTION IX

THAILAMS

1. Thailams are preparations where oil, decoction, milk and other fluids and finely powdered and ground drugs (kalkam) are added and boiled together. The vessel containing these is put on fire and boiled till the moisture is evaporated. This is known by the formation of froth on the surface of the oil, and the Kalkam when put on fire will not cause crackling noise. The fire will glow more. There are three kinds of pakams. For oils which are used on the head the Kalkam should be hard, for oils used for the body, the Kalkam should be waxy and for oils that are used internally the kalkam should be soft. The kalkam is pressed by the fingers to note the pakam.

2. There is another kind of preparation of oil which is got from various drugs by destructive distillation. In this, the drugs are put in a mud pot in which a few small holes are made at the bottom. The mouth of the pot is sealed. A pit is dug and this pot is kept over another smaller pot. Cowdung cakes are spread all round the pot and over the top. The contents of the pot melts and the oil comes out through the bottom holes and collects in the smaller vessel kept down below. This is called 'Kuzhi Thailam'.

3. There is another preparation called 'Mezhugu thailam'. To prepare this, required drugs and bee's wax are put in a pot which is used for distillation. The pot is placed on fire and the vapour is condensed in the usual way and the oil collected.

218. Anda Thailam

Yolk of eggs is heated and oil extracted. Garlic juice 1/8 part and Kasthoori 1/32 part are added to the thailam and kept in a glass-corked bottle.

Dose : 1 to 4 drops twice or thrice in warm water.

Indications : mantham and janny. Convulsions in children and in paralysis of the tongue, this oil is applied to the tongue one or two times a day.

219. Arugu Thailam

Arugu kattai (Removing the nodules)	16 lbs.	(well crushed by pounding)
Water	96 lbs.	
Decoction (reduced to)	6 ,,	
Cow's milk	12 ,,	
Gingelly oil	6 ,,	

All are mixed and boiled to pakam and filtered.

For external use. For bathing.

Indications: vatha noi, moola choodu, excessive heat, burning sensation in the genitals and stomach, kabala soolai, azhalai, bad odour from the body and sori.

220. Arrakku Thailam

Kombarakku	2 lbs.	
Water	64 ,,	
Decoction of the above reduced by boiling	8 ,,	(use dola yantra)
Gingelly oil	4 ,,	
Cow's milk	4 ,,	
Kadineer	2 ,,	
*Masthu (curd water)	2 ,,	

Each 1 tola :

Chandanam	Kadugu rohini
Kasturi manjal	Elam
Koshtam	Sadakuppai
Lavangapattai	Kiliyooralpattai
Lavangapathiri	Poosanthirapattai
Pachilai	Seerakam
Adhimathuram	Karunjeerakam
Jadamanjil	Merugan kilangu
Poolankilangu	Chevvalli kodi

The above 18 articles are powdered and ground with cow's milk, added to the thailam and boiled to thaila pakam. This oil is kept in Dhanya putam for 30 days before being used.

*Curd is tied in a cloth and hung. The fluid that comes out is collected in a vessel.

220. Arrakku Thailam—(*continued*)

External use: For taking oil bath.

Indications: Fevers, dhathu jwaram, udal kaduppu (Neurtis), chandravartham, suryavartham, kabalasoolai and swasakasam. This is used for bath in hemicrania, migrane and in marasmic child.

221. Arka Ksheera Thailam

Each 5 palams:

Erukkampal	Sadhurakkalli charu
Erukkan charu	Pirandai charu
Sadhurakalli pal	Parpataka decoction
Merugan kizhangu charu	

Gingelly oil	10 palams.
Serankottai	5 ,,
Nervalam seeds	½ ,,

The above drugs are put in an earthen pot and boiled in slow fire till it attains thaila pakam and it is filtered.

For external use:

Indications: (1) vatha diseases for massage. (2) Internally it is given 5 to 10 drops with karunkuruvai rice flour mixed well to the size of a kazarchi seed (1 tola) in mahodaram, sobai, pandu and for gunma katti. (3) For ear aches one or two drops of warm oil may be instilled in the ear.

222. Chiru Chandhanathi Thailam

Each 10 palams:

Chanthana kattai	Korai kizhangu
Vetti ver	Adhimadhuram
Vilamichai ver	Nelliverpattai
Chittramutti ver	Seenthil kizhangu
Chittarathai	

coarsely powdered

Water	72 lbs.
Decoction (reduced to)	12 ,,
Cow's milk	12 ,,
Gingelly oil	12 ,,
Thanneervittan kizhangu charu ..	3 ,,
Sevilaneer	3 ,,

222. Chiru Chandhanathi Thailam—(*continued*)

Each 1/10 palam :

Chandanam	Nannari ver
Saraladevadaru	Elam
Devadaru	Lavangapattai
Agil kattai	Lavangapathiri
Manjitti	Siru nagappoo
Thakkolam	Jathikkai
Vettiver	Chitharathai
Vilamichanver	Kungumappoo
	Kadukkai
Thanrikai	Kasturimanjal
Nellikai	Thamarai valayam
Jadamanjil	Kothumalli
Korai kizhangu	Kitchili kizhangu
Chenkashuneer kizhangu	Adhimathuram
Shanbagamokku	Kattathipoo
Koshtam	Pachilai
	Seerakam

The kalka drugs are ground with cow's milk and mixed with the oil and juices. Boiled to pakam and filtered.

Used as a bathing oil.

Indications : daham (burning sensation in the body), low fever, emaciation, loss of sleep, neurasthenia etc.

223. Chittamutty Madaku Thailam

Chitta muttri ver	..	3	lbs. (powdered well)
River water	..	48	,,
Decoction (reduced to)	..	6	,,
Gingelly oil	..	3	,,
Chitta mutti kalkam (Prepared by grinding with cow's milk)	..	1	palam

Thailam is prepared in the usual way. The process is repeated *six times using the same oil and putting fresh decoction,* kalkam and milk.

Dose : 1 teaspoonful with milk or chittamutti decoction.

Indications : soothiga vatham.

Used externally as a bathing oil in chronic headache and colds.

224. Chirattai Thailam

Required quantity of cocoanut shell is taken and oil extracted by Kuzhi Thailam Method (Bhupuda).

Used externally mixed with equal quantity of cocoanut oil.

Indications : sori, padai etc. This is used only in cases where the skin has become thick and gradual removal of thickness is indicated as in chronic skin diseases.

225. Chukku Thailam

A

Purified chukku	6 lbs.
Water	96 ,,
Decoction (reduced to)	12 ,,
Cow's milk	6 ,,
Gingelly oil	6 ,,

B

Each ¼ palam :

Chittarathai
Chukku
Milagu
Thippili
Koraikilangu
Manjittiver
Kadukkai
Nellikai
Thanrikkai
Agilkattai
Thannervittan kizhangu
Erukkan ver pattai
Kadakarohani
Koshtam
Kodiveliver pattai
Devadharu
Santhana kattai
Vellaikungiliyam
Chavviyam
Amanakkuver
Vellalathipattai
Pereachankai
Dirakshai
Inthuppu

C

Kasthuri	36 grs.
Kungumappu	36 ,,

The fluids and oil are mixed together and boiled adding the powders in group (B). The drugs in group (C) are put in the filtering vessel. The thailam is kept in a pot for a month covered with paddy before use.

225. Chukku Thailam—(*continued*)

External use.

Indications : avartha vatham, peenasam and headache.

This is used as nasyam in convulsion. This may also be used as ear drops and painted in ginjivitis. Can be applied as counter irritant.

226. Chitra-moola Thailam

Chitramoolam root bark ..	1 palam.
Gingelly oil	3 lbs.

Chitra-moolam is made into Kalkam with cow's milk. This is added to the oil and boiled to pakam and filtered.

For external use.

Indications : Headache of all varieties particularly of kapha origin.

227. Gandhaka Sudar Thailam

Gandhakam	1 palam.
Vediuppu	1 ,,
Manosilai	1 ,,
Navacharam ..	1/16 ,,
Veeram	1/16 ,,

The above drugs are ground with 4 palams of cow's ghee then spread on a piece of cloth. The cloth is rolled and held by forceps in one end. The other end is ignited. The oil that drops are collected in a porcelain or glass vessel.

Dose : 1 to 4 drops with sugar.

Indications : venkushtam (leucoderma), mega pun (syphilitic and other chronic ulcers), vatha diseases.

228. Gana Thailam

A

1. Castor oil .. .. .. 3 lbs.
2. Cow's milk .. .. 3 ,,

Each $1\frac{1}{2}$ lbs. :

3. Kattalai charu
4. Manjal karisalai charu
5. Kovai charu
6. Ponnangani charu
7. Puliyari charu
8. Vengaya charu
9. Karpoora valli charu

228. Gana Thailam—(*continued*)

B

Each $\frac{1}{4}$ palam :

Akrakaram	Karkadaga sringi
Lavangapattai	Sombu
Lavangapathiri	Seerakam
Koshtam	Vellaipoondu
Vendayam	Masikai
	Jathipathiri

C

Each $\frac{1}{8}$ palam :

Jathikkai	Gorochanam
	Kungumappu

Drugs mentioned in group (B) are finely powdered and added to the juices mentioned in group (A) and boiled to pakam. The fine powder of group (C) is added just before filtering. The oil is kept in dhanya pudam for 5 days before being used.

Dose : 1 to 2 teaspoonful in breast milk or in warm cow's milk.

Indications : ganam, vettai, vettai jwaram, vanthi, giranthi, mantham etc. The oil is given particularly to children which run low temperature and suffer from chronic bronchial troubles. This may be repeated at intervals.

229. Garudan Kizhangu Ennai

1. Garudankizhangu .. .. 12 palams.

Each one palam :

2. Vaivilangam	5. Milagu
3. Valuluvai arisi	6. Thippili
4. Chukku	7. Karuncheerakam

8. Castor oil .. .. $1\frac{1}{2}$ lbs.
9. Vengayam (onions) .. .. 12 palams.

The skin of garudankizhangu is removed and it is cut into small pieces and dried in shade. Fine powder of the drugs from No. 1 to 7 is made. The powder is placed in a vessel and castor oil and finely pounded vengayam is added. It is boiled and when pakam is attained it is filtered.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz.—once in the morning for three days.

229. Garudan Kizhangu Ennai—(*continued*)

Indications : granthi, kushtam, karumegam, chronic gonorrhoea, bubo, syphilis, vishams, fever, puzhuvettu, chronic constipation, flatulence, ulcers etc.

Diet : Salt and tamarind free diet for 3 days and marupathyam for three days with fried salt and burnt tamarind.

230. Seeraga Thailam

One palam of seerakam is put in 3 lbs. of gingelly oil and boiled till the seerakam is fried. It is filtered and kept.

External use.

Indications : pitha mayakkam (vertigo), kan-noi, thalaivali, mantham and allunoi. It is a bathing oil for a variety of headaches.

231. Karappan Thailam

Each 1 / 20 palam:

Rasakarpooram	Karbogarisi
Elam	Mirtharsingi
Thutham	Kasthurimanjal
Thurusu	Neeradimuthu
Karpooram	Kattuseerakam
Rasam	Gandhakam

Thengaipal (cocoanut kernal extract) 3 lbs.

All the drugs are finely powdered and added to the cocoanut milk and boiled till the proper pakam is obtained. The moisture evaporates and the oil only remains. Then it is filtered.

External use.

Indications : karappan, sirangu, eczema, scabies, eruptions etc.

232. Kazharchi Thailam

A

Kazharchi kodi ver pattai ..	20 palams.
Water	18 lbs.
Decoction (reduced to)	3 „
Amanakku ennai	3 „

232. Kazharchi Thailam—(*continued*)

B

Kazharchi elai	.. ..	5 palams.
Kazharchi paruppu	.. ..	2 ,,

C

Each ½ palam:

Elam	Valmilagu
Parangipattai	Sanna lavangapattai

D

Each ½ palam:

Nervalam	Rasakarpooram

The decoction is prepared and castor oil is added. Drugs in group B is made into kalkam and C are made into fine powder. All are mixed together and boiled with kazharchi root as fuel (if possible). The powder of rasakarpooram and the kalkam of nervalam contained in group D are added, after filtering.

Dose : ½ to 1 oz. once in the morning.

Diet : Old *tamarind*, *murungapinchi*, *avaraipinchi* etc., may be used.

Indications : Scrotal swelling, swelling of the body and intestinal stasis (anda vatam, kudal vatam, veekam).

233. Kadhu Noi Thailam

Each 1/10 palam:

Maramanjal	Karunjeerakam
Vellaipoondu	Nandu eraichi
Chukku	Nathai eraichi (flesh of snail)
Valampurikkai	Musuru muttai
	Karunkozhi muttai yolk

Ilaikalli juice	.. ..	4 ozs.
Punal murungai bark juice	..	4 ,,
Cow's ghee	.. .. ..	16 ,,
Veppennai	.. .. ..	16 ,,

The drugs are made into a fine powder and prepared into kalkam. The flesh and the eggs are ground together and added. The oil is boiled to pakam and filtered.

Ear Drops.

Indications : Pain in the ear, pus in the ear etc.

234. Kaiyan Thailam

Karisalai charu	.. ..	3 lbs.
Gingelly oil ..	.. ..	3 „

Boiled to pakam and filtered.

Dose : ½ to 1 teaspoonful twice a day.

Indications : kasam and swasam (cough and other lung disorders).

235. Kattuvanga Thailam

Perumaruthuppattai	.. ..	10 palams.
Water ..	.. ..	24 lbs.
Reduced to (decoction) ..	..	6 „
Gingelly oil	.. ..	3 „
Puliyarai charu	.. ..	3 „
Eetu thair (unskimmed curd)	..	12 „

The above is mixed in a vessel (mud pot) and the fine powder of the following is added.

Each 1/8 palam finely powdered :

Omum
Thippilimoolam
Vetpalai pattai
Kazharchi paruppu
Maramanjal
Lavangam
Chukku
Athividayam
Vilamichamver
Perungayam
Koshtam
Koraikkizhangu
Vilvappazha thasai
Kattathipoo
Poonaikanchoriver
Sadamajil
Vattathiruppi

It is boiled to thaila-pakam and filtered.

Dose : 1 to 2 teaspoonsful with the kalkam.

Indications : grahanee, agnimandam. (In chronic diarrhoeas and dyspepsia.)

236. Kunthirika Thailam

Poonaikan kungiliyam ..	..	4 palams.
Gingelly oil	.. ..	3 lbs.

The oil is heated and the powdered kungiliyam is added and allowed to melt and dissolve in the oil. Used externally.

Indications : Aches, pains and inflammatory swellings.

237. Maththan Thailam

(Pachai Ennai)

Oomathai elai charu	.. ..	7½ lbs.
Cocoanut oil ..	.. ..	3 ,,
Mayil thutham	.. ..	10 palams

Mayil thutham is powdered and dissolved in the juice. Oil is added and boiled to pakam and filtered.

For external use only.

Indications : In long standing ulcers, hyper granulation, excessive discharge from ulcers, used as ear drops for pus in the ear.

238. Malaivembadi Thailam

Malaivepilai charu	.. ..	1 lb.
Varikummatikai ,,	.. ..	1 ,,
Vengaya ,,	.. ..	1 ,,
Elimicham pazha ,,	.. ..	1 ,,
Castor oil	.. ..	1 ,,

Mixed and boiled to pakam and filtered.

Dose : ¼ to ½ oz. with Neeragaram (water from the cold rice—Pazhayadu).

Diet : Salt free.

Indications : raktha gunmam, maladu (sterility) etc. to be given for three days in the morning during the time of menstruation only.

239. Mantha Ennai, No. I

Castor oil ..	.. ..	3 lbs.
Indankozhunthu charu ..	..	6 ,,
Karunjeeraka thool	.. ..	1 palam
Gorojanam ..	..	1/10 ,,

Excepting the last drug, the others are mixed and boiled to pakam and filtered. Gorojanam is put in the filtering vessel and mixed well with the oil.

Dose : ¼ oz. with warm water.

Indications : For all kinds of mantham and kaba rogams in children.

240. Mantha Ennai, No. II

Castor oil	.. .. ..	6 lbs.
Uthamani charu	.. ..	6 ,,

Each ¼ palam :

Vetpalaiarisi
Kadugurohani
Neeradimuthu
Koshtam
Karbogarisi
Shanbhagapoo
Akrakaram

Nervalam	.. .. ..	2 palams

The kalka drugs are ground with uthamani charu and mixed with the oil and boiled to pakam.

Dose : ¼ to ½ oz. with breast milk.

Indications : mantham, jwaram etc.

241. Meghanatha Thailam

Each 3 lbs. :

Brahamathandi charu
Vellarugu ,,
Sotrukatrazhai ,,
Vellai vengaya charu
Pooarasanpattai charu
Chitramanakku ennai

Rasakarpooram	.. ..	1 palam
Karpoorasilajit barpam	.. ..	1 ,,

All the ingredients except the last two are mixed together and boiled till pakam. Fine powder of rasakarpooram and silajit-parpam are added to the filtered oil and mixed well.

Dose : ½ to 1 oz.

Indications : vettai, vellai, megham, pitha-gunmam, keel vayu etc. (urethritis, skin eruptions and septic ulcers). It is given at intervals and not daily.

242. Merugulli Thailam

Merugan kizhangu	.. ..	1 part
Vellaipoondu	.. ..	1 ,,
Castor oil	.. .. ..	2 parts

The outer cover of the Merugan kizhangu is removed and is cut into small pieces. Vellaipoondu is cleaned by removing the skin. Both are added to the oil and boiled to pakam. It is filtered and used after three days.

242. Merugulli Thailam—(*continued*)

Dose : ½ to 1 oz.

Indications : keel vayu, megham, vatha veekam and in chronic ulcers.

Diet : Salt free diet.

243. Milagai Thailam

Milagai	.. .. ..	100 palams.
Water	.. .. ..	96 lbs.
Boiled and reduced to	... ...	12 ,,
Gingelly oil	.. .. ..	3 ,,

The two are mixed and one palam of milagu kalkam is added and boiled to pakam and filtered.

External use.

Indications : thimirvatham, sobai, mandaikuthu, udalvali, soolai, pudai soolai, megavayu, sori and sirangu.

244. Milagu Thailam

Each 10 palams :

1. Milagu ver
2. Sirukathari ver
3. Vilva ver
4. Keezhanelli ver
5. Kandankathari ver
6. Pungan ver
7. Oomathan ver
8. Sirukeerai ver
9. Nochi ver
10. Chithrathai
11. Thazhai vizhuthu
12. Water .. .. .. 48 lbs.

The drugs are coarsely powdered and decoction is prepared to 12 lbs. The oil and goat's milk are added with the kalkam of the following drugs.

Gingelly oil	.. ..	6 lbs.
Goat's milk	.. .. ..	12 ,,

Each 1 tola :

Kadukkai
Nellikkai
Thanrikkai
Milagu
Thippili
Adhimadhuram
Koshtam
Jadhikkai
Chukku
Karpooram

244. Milagu Thailam—(*continued*)

Each 1 tola:

Adhividayam	Vetpalai arisi
Vattathirippi	Ganjavithai
Mailiragu	Manjal
Chitramoolam	Vaividangam
	Pulyankottai thol

It is boiled to pakam and filtered.
External use.

Indications : Chronic vatha diseases, heaviness of the head, defective hearing, dementia etc.

245. Meni Thailam

Castor oil	..	.. ..	3 lbs.
Kuppai meni leaves		.. ..	1 lb.

The leaves and oil are put in a vessel and heated in low fire. When the leaves are fried and floats on the oil, it is filtered. The leaves are ground to a fine paste and mixed with the oil.

Dose : 1 to 2 teaspoonful.

Indication : Intestinal worms.

246. Moolakudara Thailam

Kadukkai pinju		.. ..	10 palams
Castor oil	..	.. ..	3 lbs.

Kadukkai pinju is fried well to deep brown colour with a small quantity of castor oil. It is made into fine powder and mixed with the castor oil.

Dose : 1 to 2 teaspoonful at bed time.

Indications : In bleeding piles and in constipation.

247. Myna Thailam

Manjal mezhugu (bees wax)		..	3 lbs.
Sakkikal	.. ..	..	3 ,,
Uppu (common salt)	..	..	3 ,,
Atrumanal (river sand)	..	..	1½ ,,
Omam	.. ..	..	5 palams
Kappu manjal	..	..	5 ,,
Jadamanjil	.. ..	..	2½ ,,

247. Myna Thailam—(*continued*)

All the drugs are made into small pieces and put in a pot specially prepared for mezhugu thailam. It is boiled for about nine hours and the oil distilled.

External use only.

Indications : arthangavatharogam, andavatham, vali (convulsions in infants), narithalai vatham, sannipatham, keelvayu, vayu affecting bones, nerves, flesh etc.

248. Nasiroga Nasa Thailam

A

Gingelly oil	3	lbs.
Cow's milk	3	,,
Tender cocoanut water	3	,,

B

Each 1/10 palam :

Santhanam	Poolan kizhangu
Thamarai valayam	Pachilai
Vettiver	Sengaluneer kizhangu
Vilamicham ver	Thanneervittan kizhangu
Kasturi manjal	Adimathuram
Thettran kottai	Manjitti ver
Elam	Shanbhaga mokku
Korai kizhangu	Punugu chattam
Seerakam	Kungumappo

The fluids are mixed with the oil and kept on fire. The drugs in (B) excepting the last two are powdered and added. The whole is boiled to pakam and filtered. The last two drugs are powdered and added into the filtering vessel.

Indications : Eighteen varieties of peenisam, thimira rogam (various stages of cataract). Can be used in chronic sinusitis and diseases of the eye.

249. Nochchi Thailam, No. I

⅛ measure each :

Vennochchi elai charu	Perumbul charu
Karisalankanni ,,	Kandankathiri ,,
Mulluchangillai ,,	Adathodai ,,

249. Nochchi Thailam, No. I—(*continued*)

½ measure each :

Vellai charu vellai charu	Poduthalai charu
Peramutti ,,	Keelkainelli ,,
	Thoodhulai ,,
	Thelkodukku elai charu

2 measures each :

Gingelly oil	Goat's milk

Each 36 grs. :

Kadugu	Kanduparangi
Chukku	Koraikizhangu
Milagu	Yanaithippili
Thippili	Vetpalairisi
Seerakam	Perumarappattai
Elam	Thippilikattai
Kattumilagu	Vaivilangam
Chevviyam	Kadugarohani
Perungayam	Kodiveli ver pattai
Omam	Perunkurumbai
Athividayam	Vasambu

The kalka drugs are powdered and ground with goat's milk and added to the oil and the juices put together and boiled to proper thaila pakam and filtered.

Dose : ¼ teaspoonful twice a day with warm water.

Externally for bathing.

Indication : Five varieties of kasam and kshayam.

250. Nochi Thailam, No. II

Nochi leaf juice	3 lbs.
Gingelly oil	3 ,,

Each 1 tola :

Sadamanjil	Milagu
Kalluppu	Thippili
Valayaluppu	Karkataka sringi
Pooneeru	Koshtam
Vediuppu	Kanduparangi
Attuppu	Kadukkai
Chukku	Nellikkai
Thanrikkai	Kandankathari ver

250. Nochi Thailam, No. II—(*continued*)

The above drugs are ground with nochi juice and kalkam is prepared. The oil, kalkam and the juice are put in a vessel and boiled to pakam and is filtered.

External and internal use.

Dose : 1 to 2 teaspoonful with warm water twice a day.

Indications : kasam, swasam, kshayam and in bodily pain.

251. Peenasa Thailam

Gingelly oil	.. .. ..	3 lbs.
Nochi charu	.. .. ..	3 ,,
Karisalai charu	.. ..	3 ,,

Each ½ palam :

Induppu	Chukku
Chittarathai	Koshtam
Thippili	Thethankottai
Amanakku ver	Sathapushpi
Kudasappalai ver	Vaividangam
Giranthi thakaram	Athimathuram

The kalkam is prepared with goat's milk and mixed with oil and juices. It is boiled to pakam and filtered.

Used externally for bath once in a week, and as nasyam once in 4 days.

Indications : peenasarogam, chronic colds and sinusitis.

252. Punga Thailam

Pungan ver pattai charu	..	3 lbs.
Thengai pal (cocoanut kernel juice)	..	3 ,,
Rasakarpooram (finely powdered)	..	1 palam

The first two are mixed and boiled till the oil is separated. It is then filtered and the last is added and mixed well.

External use only.

Indications : sori, sirangu, pun etc. (In varieties of skin ailments, like scabies, eczema, chronic ulcers etc.)

253. Rasa Thailam

Kammar vetrilai (betel leaves)	..	5 palams
Pavattai elai	.. ..	5 ,,
Kovai elai	.. .. ..	5 ,,
Castor oil	.. .. ..	40 ,,
Rasam (purified)	.. ..	¼ palam

All the three varieties of leaves are ground in a stone mortar with a wooden pestle. Then mercury, little by little is added while grinding. The oil is added and mixed. It is exposed to the sun's heat for three days.

Dose : ½ to 1 oz. (May be given for one to three days.)

Indications : kushtam, vellai, parangipun. (All skin eruptions, gonorrhoea, syphilis and scrofula.)

Diet : Salt free diet for the day or days.

254. Siddhadi Ennai

Thengaipal (cocoanut kernel extract)		8 lbs.
Uttamani charu	.. ..	8 ,,

Each 1/8 palam :

Perungayam	Induppu
Venkaram	Thippili
Chadurakalli pal	Karunjeerakam

Vellaipoondu	.. ..	1 lb.
Kadukkai	.. .. ..	1 ,,
Nervalam	.. .. ..	1 palam
Chitramanakku ennai	.. ..	8 lbs.

All the dry drugs are powdered and ground, with any one of the juices. All are mixed together and boiled to pakam and filtered.

Dose : 5 to 15 drops with milk or warm water in the morning only.

Indications : sirangu, azhalai, vikkal, vanthi, gunmam, grandhi, araiappu, porumal, paithyam, soolai, parangippun, vali, kathadaippu, kan-erivu, poochivettu, soothagavettai, mamsagrandhi, pavuthram etc. (This is used as a purgative oil and curative medicine in a variety of chronic diseases as eczema, orchitis, septic ulcers etc.)

255. Shirobara Nivarani Thailam

Gingelly oil	..	..	3 lbs.
Kasthoori manjal	..	..	1 palam
Sambirani ..	..	..	1 ,,
Jadamanjil ..	..	..	1 ,,
Thukka malli	..	..	5 palams
Abhini ..	..	..	1 palam

The drugs except opium (abhini) are taken and made into fine powder and made into kalkam with milk. The kalkam is mixed with the oil and boiled to pakam. The opium is put in the vessel in which the oil is filtered.

Used externally.

Indications : Persistent headaches, migraines, hemicrania etc.

256. Siru Ettikottai Thailam

Gingelly oil	..	..	6 lbs.
Etti kottai ..	..	..	2½ palams
(Soaked for 12 hours in goat's milk previously)			
Vellaipoondu	..	..	2½ palams
Pieces of ayilpattai	..	..	1½ ,,

All are mixed together and boiled to pakam and filtered.

External use.

Indications : In all varieties of vatha rogams.

257. Sivanar Vembu Kuzhi Thailam

Sivanarvembu	..	..	10 palams
Valuluvai ..	..	..	10 ,,

Both the drugs are powdered and ground with the juice of karudankizhangu. The paste is made into small discs and dried in shade. Kuzhi thailam is extracted out of this. In the end ¼ tola of karpuram is added and mixed well.

Dose : 20 to 30 drops with Sivanarvembu choornam.

Indications : kushtam, karappan, chronic ulcers, and in reptile poisoning.

Diet : Salt free.

258. Soolai Kudara Thailam

Each 1 palam :

Kadukkai ver	Vilva ver
Vensaradai ver	Chitramoola ver
Sarakkonrai ver	Adathodai ver

Decoction is prepared by adding 18 lbs. of water and reduced *to* $\frac{1}{4}$*th* ($4\frac{1}{2}$ *lbs*).

To this decoction castor oil $4\frac{1}{2}$ lbs. and the kalkam of the following is added.

Each $\frac{1}{4}$ palam :

Chukku	Vellaipoondu
Milagu	Induppu
Thippili	Nervalam
	Kadukarogani

It is boiled in low fire and filtered when pakam is seen.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. once only in the morning for 3 days.

Indications : soolai, gunmam etc.

Diet : As per the condition of the patient.

259. Ulunthu Thailam

Ulunthu	3	lbs.
Water	12	,,
Decoction of the above (reduced to) ..	3	,,
Goat's milk	3	,,
Gingelly oil	3	,,

Each 1/10 palam:

Poonaikali vithaiparuppu	Thippili
Sathakuppi	Vetpalaipattai
Per-arathai	Athimathuram
Chukku	*Induppu*
Milagu	Vasambu

All the 10 kalka drugs are ground with goat's milk and added to the *decoction and oil,* boiled to thailapakam. The oil is kept in Dhanya pudam for 10 days before being used.

For external use.

Indication : sira and kara kambam, various vatarogams, tremor and other nervous diseases.

260. Vathakesari Thailam

3 lbs. each :

Chadurakalli charu	Goat's milk
Nochi elai ,,	Erukkam pal
Thazhuthazhai ,,	Gingelly oil
	Castor oil

¼ tola each :

Kadukkai	Koshtam
Kattumilagu	Chukku
Vellaipoondu	Milagu
Perungayam	Thippili
Gandakam	Kadugu

The drugs are powdered and made into kalkam with milk, and added to the juices and oil. Boiled to pakam and filtered.

For external use only.

Indications : vatha diseases, thimirvatham, paralysis, neuritis rheumatism etc.

261. Virana Sanjeevi Thailam

Gingelly oil	12 ozs.
Thalagam	12 grs.
Serankottai	10 nos.

Serankottai is split into two. Then the three are mixed and boiled on low fire. When thalagam has melted and serankottai fried, the oil is poured into a vessel containing rice washed water. The next day the oil is removed and boiled till the moisture evaporates.

For external use only.

Indications : For all viranams, used for painting and dressing. used *internally* in sannipatha by smearing the oil over a betel leaf and given to chew and swallow.

The patient should take cold rice and butter milk or cakes prepared with rice before applying the oil externally on large area. After 3 hours warm water bath is given.

262. Vellai Ennai

Castor oil	3 lbs.
Rasakarpooram	1 palam
Elarisi	1 ,,
Chukku	1 ,,

262. Vellai Ennai—(*continued*)

The last three drugs are finely powdered and added to the oil and mixed well.

Dose : ½ to 1 oz. Given once for 1 to 3 days and stopped.

Indications : vellai, gunmam, keelvayu, veekam etc.

Diet : Salt free diet.

263. Vatha Nasa Thailam

Vathanarayana elai charu	..	3 lbs.
Vellai vengaya ,,	..	3 ,,
Castor oil	..	3 ,,
Rasakarpooram (finely powdered)	..	½ palam

Excepting the last drug the others are mixed and boiled to pakam and filtered. Rasakarpooram is added and mixed well.

Dose : ½ to 1 oz.

Indications : vatha rogams, keelvayu, pakkavatham, veekam, gunmam etc. It is given as a purgative oil in nervous diseases and in abdominal pains.

SECTION X

VATAKAM

Vatakams are preparations similar to pills but larger in size than the pills. They are made by grinding with water or by adding jaggery and grinding them in a kalvam or preparing paku and adding the powders and rolling them to pills.

264. Inji Vatakam

Inji	8 palams

Each 1 palam :

Chukku	Kottumalli vithai
Milagu	Lavangam
Thippili	Omam
Uppu	Kadukkai

The above drugs are fried with ghee and ground with curd and when it becomes soft mass 20 gr. tablets are prepared.

Dose : 1 pill twice or thrice a day with water.

Indications : vallainoi (splenic diseases), muppini, mantham etc. It is a good carminative and can be used in all varieties of dyspepsia.

265. Imbooral Vatakam

Imbooral samoolam	1 part
Milagu	1 ,,
Karkandu (sugar candy) ..	2 parts

The above drugs are pound in mortar and ground in a kalvam to form a soft mass. 15 gr. tablets are prepared.

Dose : 1 tablet twice or thrice a day.

Indications : ratha pitham and erumal.

266. Gandhaka Vatakam

Equal parts :

Gandhakam	Milagu
Rasam	Thippili
Chukku	Kadukkai
	Nabhi

266. Gandhaka Vatakam—*(continued)*

The above drugs are powdered in a kalvam and ground with vensembai leaf juice for 15 hours and in Arai leaf juice for 15 hours and prepared into pills to the size of 2 grains.

Dose : 1 pill twice a day.

Indications : pandu, kshyam and moolagrahani.

267. Thalisadhi Vatakam

1. Thaleesa pathiri	.. ..	1 palam
2. Milagu	.. .. ..	1 ,,
3. Chavyam	.. .. ..	1 ,,
4. Thippili	.. .. ..	2 palams
5. Thippili moolam	.. ..	2 ,,
6. Chukku	.. .. ..	3 ,,

Each ¼ palam :

7. Lavangapattai	10. Elam
8. Lavangapathiri	11. Vilamicham ver
9. Chirunagappoo	12. Chitharathai
	13. Jaggery 16 palams

14. Cow's *milk.—quantity sufficient.*

Fine powder of first 12 drugs are mixed with jaggery. Milk is poured into a chatty and the mouth is covered with a cloth and tied. The medicine is placed on it and the milk boiled in slow fire. When the mixture attains the pakam, it is pounded in a *mortar and 20 gr. pills are made and dried.* (The jaggery should melt and when cooled become hard.)

Dose : 1 pill twice or thrice a day.

Indications : grahani, alasam, athisaram and pakka noi. It is a good carminative and can be used in all digestive diseases to increase appetite and control loose motions.

268. Pirandai Vatakam

Equal *parts :*

Purified pirandai	Uppu
Milagu	Omam
Purified vasambu (green)	Kadukkai

Pirandai is fried in ghee and the other drugs are mixed and pounded *well in a mortar, then* it is mixed with buttermilk and pills of 30 grs. are made and dried.

268. Pirandai Vatakam—(*continued*)

Dose : 1 pill twice a day.

Indications : Increases the appetite, acts as a good digestive and anthelmintic. It is good in vathasoolai and gunmam.

269. Vazhai Vatakam

Monthan Vazhaipoo (Plantain flower) No. 1.

Each ¼ palam :	Jathipathiri
Lavangam	Ganja
Jathikkai	Kariveppilai

Karkatakasingi 1 / 10 palam

Buttermilk (Buffalo's)—Quantity sufficient.

The external petals of the plantain flower are removed and the internal portion is cut into two and the powder of the drugs are kept inside the cut portion and tied with thread and is immersed in a pot (Dolayanthram) containing buffalo's buttermilk and boiled. When it attains pakam (flower should be well cooked) it is ground in a kalvam and 20 gr. pills are made and dried.

Dose : 1 pill with water twice a day.

Indication : perumpadu (Mennorrhoegea).

SECTION XI

MISCELLANEOUS

270. Aya Bringaraja Karpam

1. Iron filings	..	..	4 palams
2. Manduram	..	..	6 ,,
3. *Karisalai* juice	..	..	3 lbs.
4. Lime juice	..	..	3 ,,

Fine powders of first two drugs are placed in a vessel, containing one measure of karisalai juice and exposed to sun and allowed to dry stirring often. The process is repeated with lime juice. When it has become completely dry karisalai juice 1½ lbs. is added and exposed to sun and when it becomes semi-solid it is put on a banyan leaf and spread. It is allowed to dry and powdered.

Dose : 2 to 3 grs. with honey, ghee, lime juice and curd.

Indications : Pandu, grey-hair and weakness.

Diet : Avoid tamarind and sour articles.

271. Aya Jambeera Karpam

1. Iron filings	..	..	10 palams.
2. Milagu ..	..	..	10 ,,
3. Poondu ..	..	..	5 ,,
4. Lime fruits	..	..	No. 40.
5. Gingelly oil	..	..	50 palams.

Fine powder of the first two is made and ground in a kalvam with number 3. Then the lime fruits are cut into 4 pieces and the mixture filled in the lime fruits. The fruits are arranged in a pot, gingelly oil poured over them is covered with an earthen lid and the whole buried in the ground for 40 days. The pot is removed and the contents preserved.

Dose : ¼th bit of lime twice a day.

Indications : pandu and sobai.

272. Bhavana Kadukkai

Kadukkai	..	..	Nos. 100
Buttermilk	..	..	Quantity sufficient
Uppu	..	..	¼ part of kadukkai

272. Bhavana Kadukkai—(*continued*)

Each ½ palam :

Chukku	Omam
Attuppu	Chavyam
Induppu	Chitramoola ver pattai
	Thippili

Kadukkai is soaked in rice-washed-water for 3 days daily changing the water. Then they are cut into two and the seeds removed. This is put in a vessel and buttermilk and salt added and boiled well till the fluid evaporates and the kadukkai becomes dry. Then the drugs are powdered and lime juice added and mixed well. It is kept in sun and dried. Then ginger juice is added and the process repeated as before.

Dose : 1 bit to be taken before and after food.

Indications : irumal, mantham, vaitru noi and vanthi. No diet restriction.

If taken for one mandalam, soolai, vayu gunmam, moolam, eraippu, arochakam, pileegam, peenasam, pandu, pitha noi, raktha pitham are cured.

273. Oma Theeneer

1. Omam	.. .. ..	3 lbs.
2. Water	.. .. ..	12 ,,

The above two is put in a distillator and distilled.

Dose : ½ to 1 oz. as many times as required.

Indications : Indigestion, diarrhoea, cholera etc.

274. Sombu Theeneer

Sombu	.. .. ..	16 palams.
Water	.. .. ..	48 lbs.

Sombu is soaked in water for 2 days. Then it is placed in a distillator and distilled.

Dose : 1 to 2 oz.

ndications : Stomach ache, indigestion, flatulence, swasam erumal etc.

275. Vediuppu Theeneer

1. Vediuppu ..	..	..	6	palams
2. Induppu ..	..	..	3	,,
3. Navacharam	..	..	2	,,
4. Annabedi ..	..	..	1	,,
5. Pooneeru ..	..	..	1	,,
6. Vengaram ..	..	..	1	,,
7. Padikaram..	..	..	15	,,
8. Chukku ..	..	..	1	viss
9. Milagu ..	..	..	1	,,
10. Thippili ..	..	..	1	,,

The first seven drugs are powdered and placed in a retort flask (earthen) and heated in the usual way and the fluid condensed and extracted. The last three are powdered and put in the retort flask with acid and boiled again and the acid extracted.

Dose : One drop with Trikatu Choornam, 2 to 3 grs. and water.
Indications : gunmam, mahodaram, and vayu *in* the *koshtam* (Flatulence, loss of appetite and other digestive disorders.)